UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 347 January 4, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Education REPORT ON THE PROGRAM IN CHILD GROWTH AND DEVELOPMENT. Robert J. Havighurst. (Annual Report, General Education Board for 1936-1937, General Education Board, 49 West 49th Street, New York City, pp. 98-105.) This report takes up the significance for education of studies of adolescence and the work being done by various foundations throughout the country in this field. It also tells how much is being spent on research in various institutions.

Education RURAL AMERICA READS. A Study of Rural Library Service. Marion Humble. (American Association for Adult Education, New York, 1938, pp. ix + 101.) The table of contents is as follows: Rural library resources, Roads to reading, Reading and study, Behind the books, Concerning book selection, Books in motion, To what end? Among other things the author says: "The home demonstration agents of the United States Department of Agriculture and the rural librarians of the country have long worked closely together, but between librarians and the agricultural extension agents of the Department there has never been so mutually helpful a relationship. It does not seem over-optimistic to hope that the success of the program of 'home economics in education through libraries' will prove to the extension agents how useful libraries might be to them in furthering the education of rural people."

Education SUBJECT MATTER IN MONEY MANAGEMENT IN JUNIOR HIGH SCHOOL HOME ECONOMICS. Llora Belle MaGee. (Teachers' College, Columbia University, New York, N. Y., 1937, pp. 137.) This paper-bound manuscript outlines the subject matter being taught in junior high-school classes in home economics in the field of home management, points out t he duplication between home economics and social studies, how pupils' needs are being met, and contains a report of a study of the economic vocabulary of junior high-school pupils.

Extension INSPIRATION FOR 100,000 WOMEN. (Food Facts, Wheat Flour Institute, Chicago, Ill., December 1938, vol. 8, no. 3, pp. 1 and 2.) This article tells about some of the work that is being done by the Extension Service in Iowa State College, where nearly 13,500 women leaders are working in rural communities. It quotes Miss Cessna as saying that they have three major projects in nutrition: (1) Fundamental food needs of the body. (2) Making the best use of home-produced foods, and (3) Improvement of the quality of the farm food supply.

Extension FAIR DAYS. Mary Scott Cunningham. (Forecast, vol. 54, November 1938, no. 9, pp. 399-401, 432, and 435, illus.) This article describes home bureau and 4-H Club exhibits in New York State.

Extension THE DANGERS OF EDUCATION. Henry C. Link. (The Farmer's Wife Magazine, November 1938, pp. 7 and 14.) In addition to discussing dangers in education this article says of extension work, "The 4-H Clubs are, of course, probably the most important step ever taken to help young people to a better development of their characters and personalities, and a better appreciation of the part that agriculture plays in this process."

Extension HOME ECONOMICS AT THE PENNSYLVANIA STATE COLLEGE. EXTENSION WORK. Rosalind M. Jewett. (Practical Home Economics, vol. 16, June 1938, no. 6, pp. 243, illus.) This article tells of the home demonstration work being carried on in 64 of the 67 counties having a full-time home economics representative. It explains that extension work today is a far cry from that of 1914 when emphasis was placed upon skills of cooking and sewing. Today the farm woman must know the fundamentals of nutrition and train her children in proper health habits. It goes on then to discuss the clothing problems, the flower garden, clubs, etc. Work with 4-H Clubs is mentioned.

Management THE W.P.A. PREPARES WOMEN FOR HOUSEWORK. Ellen S. Woodward. (Occupations, vol. 17, December 1938, no. 3, pp. 220-222.) How women are prepared for housework is told in this article. Altogether 15,235 women received training in centers between February 1936, when the program was first initiated, and January 1, 1938.

Management NO SMOKEHOUSE NEEDED TO CURE YOUR MEAT.--Cure and Smoke in One Operation. Lois J. Hurley. (Wisconsin Agriculturist and Farmer, vol. 65, October 8, 1938, no. 21, pp. 5, 13, and 23, illus.) Detailed instructions are given on how to cure and smoke meat in one operation without resorting to the use of a smokehouse. Safeguarding bone areas, correct butchering, the proportion of the brine cure, and how to make fancy breakfast bacon and tenderized ham are explained.

Management CONSUMERS AND THE MARKET. Margaret G. Reid. (F. S. Crofts & Co., New York, 1938, pp. xiv + 584.) The preface says this book is an outgrowth of a course in consumer marketing given at Iowa State College. Three things are emphasized: (1) The character of consumer problems as they are related to buying in the market; (2) practices and policies affecting consumers' day-to-day difficulties and the efficiency of the system in general; and (3) factors responsible for the present practices and policies. The parts are: An approach to consumer problems; Market organization and functions; Retailing; Costs and services; Selling; Standardization; Prices; The way to a better market system.

Management THE CONSUMER-BUYER AND THE MARKET. Jessie V. Coles. (John Wiley & Sons, Inc., New York, 1938, pp. xviii + 596.) The parts of this book are: Consumers as buyers; The market; functions, structure, and costs; The retail market; Credit for consumer-buyers; Prices and price problems of consumer-buyers; Market devices as aids to consumer-buyers; Government aid and protection for consumer-buyers; Improving the situation of the consumer-buyer. The preface says that if consumer education programs are to be effective it is essential that consumers have a sound and fundamental understanding of their situation as buyers, the improvements needed, and how to bring them about. They must also recognize problems arising from their own shortcomings. It is intended to aid consumers in becoming informed and intelligent about their problems as buyers.

Food and Nutrition

THRIFTY TIDBITS FROM THE HOMES OF HARTFORD COUNTY, CONNECTICUT. Homemakers of Hartford County Farm Bureau. (Hartford County Farm Bureau, Hartford, Connecticut, 1938, pp. 256.) A cookbook.

Food and Nutrition

FOOD PLANNING FOR FOUR HUNDRED MILLIONS. Radhakamal Mukerjee. (MacMillan & Co., London, 1938, pp. xviii + 367.) A study of diet in relation to economic, social, and other conditions in India. The various chapters discuss the problems of population pressure in relation to food supply, food standards and food values, nutrition levels in different regions and classes, crop planning and nutrition, incidence of malnutrition, inefficiency and poverty, and remedies for population pressure. Under the headings of inefficiency and poverty the author makes a comparison of the output of coal-mining labor in simple mining per individual worker, as observed over a number of years, which is as follows: America, 589 tons; England, 300 tons; Germany, 243 tons; and Bengal, 80 tons.

Food and Nutrition

INFORMATION FOR THE CANNED FOOD SHOPPER. (National Canners' Association, Washington, D. C., 1938, pp. 14.) This pamphlet tells facts consumers should know in buying canned foods, which includes what goes into the can, the canning process, and what it does to foods, seasonings and sirups, the labels, and what is wise buying. It gives a list of canned foods that may be found on grocery shelves, and tells how to store canned foods.

Food and Nutrition

CANNED FOODS RECIPES FOR FIFTY. Sina Faye, Sally Bancroft, and Bessie Brooks West. (The Home Economics Division of the National Canners' Association in cooperation with the Department of Institutional Management of Kansas State College, Manhattan, Kansas, no date given, papers, pp. 61.) The title describes this book.

Food and Nutrition

COOKIES AND MORE COOKIES. Recipes from Many Nations. Lois Lintner Sumption and Marguerite Lintner Ashbrook. (The Manual Arts Press, Peoria, Ill., 1936, paper, pp. 175.) Cookie recipes gathered from all parts of the world.

Food and Nutrition

HOW TO MAKE CHEESE. Ancient Art Applicable Today on the Modern Farm. (Kentucky Farmer's Home Journal, vol. 74, November 1938, no. 11, pp. 16 and 17, illus.) This article tells how to make cheese on the farm, using simple equipment.

Peaks

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 348 January 11, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing — MARKETING A PREFABRICATED SEPTIC TANK. Max E. Cook. (Agricultural Engineering, Vol. 19, November 1938, No. 11, pp. 473, 474, and 477, illus.) A general discussion of septic tanks available on the market and advocated by various firms and individuals. Gives directions for making an inexpensive tank.

Housing — WINTER WINDOWS: Storm sash returns as a major item in comfort and operating economy. (House and Garden, Vol. 74, December 1938, No. 6, pp. 66, 67, and 81, illus.) Various types of storm windows and the places for their use are described in this article. It also tells how they affect comfort and fuel consumption and explains at considerable length how they help in air-conditioned homes in which some form of humidification is used, by preventing the condensation of humidity in the room on the cold surfaces of windowpanes. The storm window protects the inner sash.

Housing — HOW MINERAL-WOOL-FILLED PARTITIONS RESPOND TO FIRE RESISTANCE TESTS. National Bureau of Standards Uses American Standard Specifications for Fire Tests to Determine Relative Value of Different Methods of Filling Wood Partitions with Mineral-Wool for Fire Protection. (Industrial Standardization, Vol. 9, November 1938, No. 11, pp. 257-259.) Tests to determine the fire resistance of wood-framed partitions which have had the spaces between the studs and facings filled with mineral wool are described. It was found that the filling increased the fire resistance of the construction when the building had a half-inch gypsum-board facing, by 10 to 20 minutes; when plaster on wood lath was used, by 25 to 30 minutes; and on metal lath by 30 minutes. The test indicates that the filling of wood-studded partitions results in a substantial increase in fire resistance. Better effects are produced if the filling is nailed in place so that it does not fall out when the retaining surface is burned.

Foods and Nutrition

TROUBLE SHOOTING IN THE BAKE SHOP. Causes for some Common Faults in Cake Baking. (Bakers Review, Vol. 77, October 1938, No. 4, pp. 24 and 25.) The author says, "..... we are tabulating below, in brief form, some of the common faults in cake production and the reasons for their occurrence." The faults described are: Shrinking from the side of the pan, uneven surface - such as a peak in the center, and falling in the center, poor volume, off color, toughness, dryness, too thick crusts, spots on the crusts, and surface cracks. Causes of each of these are listed.

Foods and Nutrition

HERB-LORE FOR HOUSEWIVES. C. Romanne-James. Herbert Jenkins, Ltd., London, 1938, pp. xiii + 264.) Chapter headings include: Making a herb garden, How to prepare simple (herbal) medicines, Herb-lore and legend, Herbs with medicinal value, Home-made wines, Farmhouse wines, Old "simple" recipes, Pin money from herbs, Home-made jams, preserves and pickles, Recipes for ketchups and sauces, Ways of keeping fruit, Syrups and cordials for the store cupboard, Catsup recipes, Old-time recipes, Herb teas, Great-grandmother's sweetmeats or goodies, Great-grandmother's dairy recipes, Invalid beverages, Great-grandmother's household recipes, Great-grandmother's observations on perfumes.

Foods and Nutrition

HANDBOOK OF FOOD MANUFACTURE: A handbook of practical food information, containing factory tested commercial formulae, and descriptions and analyses of prepared foods and raw materials for manufacturer, chemist, plant superintendent, food buyer, and broker, in the baking, beverage, confectionery, condiment, essence, fruit juice, fruit flavor, ice cream, perserving, spice, and allied food industries. F. Fiene and Saul Blumenthal. (Chemical Publishing Co., of New York, Inc., New York, 1938, pp. vi + 603.) Various foods such as jellies, fruit juices, canned vegetables, milk and milk products, candied and glaced fruits, and bakery products are discussed.

Foods and Nutrition

HUMAN REQUIREMENTS OF VITAMIN C. Sybil L. Smith. (The Journal of the American Medical Association, Vol. 111, November 5, 1938, No. 19, pp. 1753-1764.) The author begins by saying: "It was early found that about twice as much vitamin C is required to prevent the first appearance of microscopic alterations in the teeth as to prevent the outward symptoms of scurvy in guinea pigs." She takes up methods of determining the requirements of vitamin C, requirements of various age groups, Factors affecting requirements of vitamin C, Vitamin C in human diets, and A summary and conclusions. A liberal allowance of vitamin C during the entire period of growth is advocated.

Education

SCHOOL USE OF VISUAL AIDS. Cline M. Koon. (United States Government Printing Office, Washington, D. C., 1938, Bulletin 1938, No. 4, United States Department of the Interior, Office of Education, pp. 68, illus.) The chapter headings in this bulletin are: Visual aids in elementary and secondary schools; Objects, specimens, and models; Still pictures and graphic presentations; Motion pictures.

Education

READING IN HIGH GEAR. Mabel Vinson Cage. (Harper & Brothers Publishers, New York and London, 1938, pp. x + 347.) This book contains suggestions and helps for teachers who are training children in reading. Its aim is to develop good life-long reading habits. Chapters are: What reading can do for you, Understanding what you read, How to read faster, Different kinds of reading, Developing power, Making reading a life habit.

Education

IMPLICATIONS OF SOCIAL-ECONOMIC GOALS FOR EDUCATION. Report of the Committee on Social-Economic Goals of America. (National Education Association of the United States, 1201 Sixteenth Street, N. W., Washington, D. C., 1937, pp. 126.) The committee that compiled this book was composed of John Dewey, Willard E. Givens, Fred J. Kelly, Leon C. Marshall, Robert C. Moore, and Edward A. Ross. Part I deals with the social-economic goals of America; part 2, with detailed review of the social-economic goals.

Education

THE PURPOSES OF EDUCATION IN AMERICAN DEMOCRACY. The Educational Policies Commission. (National Education Association of the United States, Washington, D. C., 1938, pp. ix + 157.) The Education Policies Commission was appointed by the National Education Association of the United States and the American Association of School Administrators. This book is a publication of the results of discussion at several meetings. It tells what the Commission thinks the schools of the United States ought to try to accomplish and some of the things that need to be done if the purposes outlined for accomplishment are realized. Chapter headings are: The nature and sources of educational objectives, The democratic processes, The objectives of education: A general review; The objectives of self-realization, The objectives of human relationships, The objectives of economic efficiency, The objectives of civic responsibility, Critical factors in the attainment of educational purposes.

The Child — FEEDING THE FAMILY: WHEN THE CHILDREN COOK. Lettie Gay. (Parents' Magazine, Vol. 13, June 1938, No. 6, pp. 50, illus.) The author urges that children be allowed to participate in cooking activities in the home at an early age. She says, show a 3-year-old how to make sandwiches for his supper and as soon as a child is tall enough to reach the top of the stove without danger of tipping pans over on himself, he should be allowed to cook. In canning time if he is asked to help in preparing the fruit he should be allowed to make some jelly. Since jelly is made in small portions, this is a job which can be divided up so that children can have their share in stocking the pantry shelves. She urges that when children cook, they should follow recipes that are simple and clear.

The Child — AN INTRODUCTION TO CHILD STUDY. (2nd ed.) (New York Macmillan, 1938, pp. 681. Abstracted in Psychological Abstracts, Vol. 12, November 1938, No. 11, pp. 672, No. 6140.) The present edition of this text includes material that has appeared in the 8 years since the first edition was published. The "emphasis is on service aspect rather than on research methods." The 21 chapters deal with infancy, early preschool, later preschool, primary, primary adolescent, and adolescent periods. Each of these divisions includes, among other aspects, the learning of the particular age group and problems peculiar to the period. Each chapter is followed by questions, problems, and bibliography. The appendices include height-weight tables and appropriate play materials (by years). There are illustrations, tables, and subject and author indices. Since the book is written primarily for "those who are planning to continue their study--and to supply the minima essentials to parents and teachers" there are frequent chapters on "how to study" children of the particular age group under discussion. Concrete examples are also given throughout of present-day methods of dealing with children. -- F. M. Teagarden (Pittsburgh).

The Child — YEARS OF TRANSITION. Preadolescent and Early Adolescent Development. G. Derwood Baker. (Progressive Education, Vol. 15, November 1938, No. 7, pp. 540-552, illus.) The author says in conclusion that: "The soundest conclusion which may be drawn from current data on early adolescent development is that this is a period in life which should be characterized by rich and varied explorations of the community and of the various major fields of learning, and by abundant social experiences with maturity-age mates of both sexes. Techniques for achieving these objectives should be widely publicized."

VI

Beale

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 349 January 18, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

General

ART TRAINING THROUGH HOME PROBLEMS. Mabel Russell and Elsie Pearl Wilson. (The Manual Arts Press, Peoria, Ill., 1933, pp. 214, illus.) This book takes up the balance, proportion, repetition, rhythm, line, emphasis, harmony, color, and the like, involved in getting good effects in clothing selection, home furnishing, stage setting, and costuming. It has 110 illustrations.

ILLUSTRATIONS FOR ART TRAINING. By the same authors. Accompanying this book are enlargements of 20 of the pictures used in the text. They are designed to aid in group discussion of the subjects considered.

General

OPPORTUNITIES FOR THE STUDENT MAJORING IN FOOD AND NUTRITION OR INSTITUTION ECONOMICS. E. Neige Todhunter. (Journal of the American Dietetic Association. Vol. 14, August-September 1938, No. 7, pp. 522-527.) This article describes the requirements for and duties of the jobs of hospital dietitian, food clinic dietitian, nonhospital dietitian, school cafeteria dietitian, teachers of food and nutrition, food and nutrition specialists in extension work, nutrition research workers, nutritionists in nursery schools, public-health and community nutritionists, consultants, demonstrators, and writers on the subjects of foods.

General

HOUSEHOLD GLUES, CEMENTS, AND LIQUID SOLDERS. (Consumers' Research Bulletin, Vol. 5 (new series) October 1938, No. 2, pp. 6-8.) This article explains how glues, cements,and liquid solders used for household purposes are made and for what purposes each is best adapted. The types discussed are: 1. Cellulose-base and Resinous cements; 2. Liquid glues and animal glues; 3. Casein glues; 4. Liquid solders.

Personal

COURTEOUS, INTELLIGENT SALESPEOPLE MAKE A DIFFERENCE. Marie L. Stewart. (Women's Wear Daily, Vol. 57, November 17, 1938, No. 98, pp. 12 and 34.) This article tells why customers avoid certain stores, how comparative prices affect purchasing, also what is desired by the consumer in fabric identification and advertisements, and how customers like to browse through the stock and make their own selections. Only about half the people studied liked to be first with a new style or color. According to the study on which the conclusions in this article are based, only 40 percent of the women represented found fashion shows definitely helpful in guiding them in their shopping.

Personal

PARENTS IN PERPLEXITY. Jean Carter. (American Association for Adult Education, New York, 1938, pp. xii + 143.) In preparing this book the author says she "sought programs that were being sponsored by different agencies--public schools, community councils, parent-teacher associations, extension divisions, research stations, privately endowed schools, departments of home economics, mental hygiene associations, college women's clubs, nursery schools, settlement houses, and the emergency education program, among others. . . .Everywhere I sought answers to the questions: What is the program? How did it happen to come into being? By whom is it sponsored and supported? Whom does it reach? What are its philosophy and method? An attempt is made to give general answers to these questions in the first section of the book. In the second and third sections are the stories of what actually is happening in the field, and here I regret that what was so thrilling to me because it was a real adventure must inevitably become only a looking-glass picture for my readers." In discussing national and community organizations active in parent-education programs, no mention is made of Extension work.

Personal

LEADERSHIP IN THE NEW AGE. Frederick Ellsworth Wolf. (The Tuttle Publishing Co., Rutland, Vt., 1938, pp. x, 135.) Chapter headings: Leadership--the way out, the making of the man, The leader in relation to others, The handling of men, Technicalities of leadership, The abuses of leadership, The marks of the poor leader, and Leadership at its best. The author says that the poor leader dislikes work, is inclined to grand-standing, "impatient with policies adopted, wastes time with details, dislikes proper organization, may be dishonest, afraid, lacks force, direction, and decision, may be unteachable, pessimistic, impractical or untactful." He stresses the importance of good health and sympathy with other people's difficulties and points of view.

Food and Nutrition

EFFECT OF VITAMIN B_1 ON THE IRON RETENTION OF A NORMAL INFANT. Frederic W. Schlutz, Helen Oldham, and Minerva Morse. (American Journal of Diseases of Children, Vol. 56, October 1938, No. 4, pp. 736-743.) The influence of vitamin B_1 on the retention of iron of a normal child was studied at three levels of iron intake. The average retention of iron was lower during the period of increased vitamin B_1 intake than during the controlled periods. Variations in the retention with a given diet were correlated with the amount of food consumed rather than with the intake of iron. With a relatively constant intake of iron, an increase in consumption of food resulted in a lower retention of iron, and a decrease resulted in a higher retention. An increased excretion of calcium in the urine was found coincident with an increase in the intake of vitamin B_1. No evidence was shown that the child required more than 0.8 milograms of iron per kilogram per day for optimum retention, although a higher allowance may be justifiable.

Food and Nutrition

NUTRITIONAL DEFICIENCY AND THE NERVOUS SYSTEM. George Cheever Shattuck. (The Journal of the American Medical Association, Vol. 111, November 5, 1938, No. 19, pp. 1729-1734.) This article presents recent opinions regarding deficiency disturbances in the human body, pathological changes of the nervous system in cases of deficiency diseases, and closes by saying that many lesions of the nervous system are traceable to deficiencies of diet or to conditions that interfere with utilization of factors contained in foods which have been eaten. The morbid processes so produced in the nervous system are similar in character and are often widespread. Symptoms may be traceable to many parts of the nervous system, and a great variety of disturbances result from deficiency states. Deficiency in vitamin-B complex plays a major part in many disturbances.

Food and Nutrition

THE DETERMINATION OF CALCIUM REQUIREMENTS. (The Journal of the American Medical Association, Vol. 111, August 13, 1938, No. 7, pp. 621 and 622.) An editorial which says one difficulty in determining the basic requirements for such elements as calcium, iron, and phosphorus is that they are not accurately indicated by the rate of retention in the body at any given time.

Food and Nutrition

THE CHEMISTRY OF VITAMIN C. C. G. King. (The Journal of the American Medical Association, Vol. 111, October 15, 1938, No. 16, pp. 1462-1464.) This technical article discusses the identification, structure, and synthesis of vitamin C. It speaks of type reactions and physicochemical properties of this vitamin.

Clothing and Textiles

STRETCHING THE CLOTHING DOLLAR. Household Finance Corporation. (Household Finance Corp., Chicago, Ill., 1938, No. 4, pp. 44, illus.) This bulletin takes up household finance under the heads: Planning your wardrobe, The clothing budget, The clothing inventory, The style trend, Color, The clothing plan, Home sewing, Intelligent buying, and asks: "Where shall I buy? When is a bargain a bargain? Of what use are labels? What is value? What are the signposts of quality?" Under care of clothing it discusses: General care, occasional care, and seasonal care.

Clothing and Textiles

THE COSTUME BOOK FOR PARTIES AND PLAYS. Joseph Leeming. (Frederick A. Stokes Co., New York, N. Y., 1938, pp. xvii, 123, illus.) This book contains illustrations and some diagrams of patterns for national folk costumes of 27 countries, and ancient, medieval, sixteenth century, seventeenth century, eighteenth century, early nineteenth century, Mid-Victorian English and American costumes. A few fanciful costumes are described.

Clothing and Textiles

NEW SYNTHETIC FIBER ANALYZED. (American Wool and Cotton Reporter, Vol. 52, November 17, 1938, No. 46, pp. 13, 14, and 31.) This article discusses the characteristics of some synthetic fibers that are being developed at the present time, and describes their reactions to certain tests, such as burning. Elasticity (not elongation) is one of the qualities being improved in synthetic fibers. When this has been accomplished, such fibers will likely supplant the use of silk, which now is being used extensively in the manufacture of hosiery. Unfortunately the author does not name the new fibers that he describes.

Clothing and Textiles

A NEW NOTE IN SEWING. (Practical Home Economics, Vol. 16, September 1938, No. 9, pp. 341, illus.) Instructions are given in this article for the use of elastic sewing thread in the sewing machine. It says the elastic thread should be used in the bobbin only, winding it without tension. The rest of the machine is threaded with ordinary sewing thread. The material is held flat while stitching, and the length of the stitch regulates the amount of shirring.

Clothing and Textiles

FASHION SIGNIFICANCES. (Women's Wear Daily, New York, November 4, 1938, Vol. 57, No. 89, pp. 3, illus.) Drawings on this page show many historical features of dress that are repeated from time to time in the designs of women's garments.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension,
Washington, D. C.

No. 350 January 25, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Handicraft

HOLIDAY HANDICRAFT. Nina R. Jordan. (Harcourt, Brace and Co., New York, 1938, pp. ix, 245, illus.) This book tells how all sorts of table decorations, small gifts, greeting cards, and the like, may be made for the various holidays throughout the year, such as Christmas, New Year's Day, St. Valentine's Day, April Fools' Day, Fourth of July. It also describes how fancy costumes, hats, and masks may be made. Finished articles are illustrated with pictures, and there are diagrams for the patterns.

Handicraft

WOMEN FIND THE "CASH CROP." Hettie DeVinny Wagner. (Independent Woman, Vol. 17, June 1938, No. 6, pp. 168-170 and 191.) "Farm women are rated among America's most outstanding business and professional women," says the author of this article, because they carry on such a large amount of business. She then tells of women managing large farms and describes the Bethesda, Md., cooperative farm women's market. She mentions openings for women trained in agriculture, which may be found in State extension services, and how women are trained in agriculture at the Ambler School of Horticulture.

Handicraft

WOODLAND INDIAN BAG WEAVING. W. Ben Hunt. (Industrial Arts and Vocational Education, The Bruce Publishing Co., New York, December 1938, Vol. 27, No. 10, pp. 445-447, illus.) This article describes a method of weaving a bag, practiced by Indians, which is almost a lost art among them today. Various steps in working and the looms used are illustrated in detail.

Handicraft

BLOCK PRINTING CRAFT. Raymond W. Perry. (The Manual Arts Press, Peoria, Ill., 1938, pp. 143, illus.) This book gives the reader an appreciation of the old craft of block printing and the prints made by this process. It also gives detailed instructions for making wood blocks and linoleum prints. Some chapter headings are: Designing, Transferring, Cutting, Printing, Multiblocks, and Color Prints.

The Child

MOTHER OF COMPTONS. Milton S. Mayer. (Scientific Monthly, Vol. 47, November 1938, No. 5, pp. 458-461.) In this article the author gives the philosophy regarding child training as revealed by the mother of four famous people. Her recipe is the use of the Bible and common sense. She also says that parents must remember that their children are not likely to be any better than they are themselves. "Mothers and fathers who wrangle and dissipate need not be surprised if their observant young ones take after them. The next thing is that parents must obtain the confidence of their children in all things if they do not want to make strangers of them and have them go to the boy on the street corner for advice." She also says that parents must participate in their children's interests, and they must not laugh at a "youngster's foolish ideas," for these ideas are not foolish to the child. She also believes in the right kind of hard work, that is, work that is good in itself.

The Child

PLAYTHINGS FROM TODDLER TO TEEN AGE. Lou Tregoning. (Hygeia, Vol. 16, November 1938, No. 11, pp. 986 and 987.) This article discusses toys for children, and gives six tests by which toys may be judged. These tests are as follows: (1) Are they safe to use? There should be no small parts to become loose; they should be painted with fast color and nonpoisonous material, be easily cleaned, and have no startling noises for small children. (2) Are they durable in material and workmanship? (3) Are they artistic? They should be simple in form, harmonious in color, and genuine in expression. (4) Are they adapted to the child's age and his continued use? (5) Have you a place for the child to keep his playthings in order? (6) Have you a place for the toys to be used? Floor space is the most logical requirement.

The Child

THE NERVOUS CHILD. Morris Fishbein and William Fishbein. (Pictorial Review-Delineator, Vol. 40, November 1938, No. 2, pp. 52, 53, and 72.) Habits that may be called neurotic or nervous are discussed in this article. Such habits usually disappear automatically as the normal child grows older. Among these are thumb sucking. Whenever these habits persist beyond the normal time, consideration should be given to the psychic management of the child, and such management is suggested here. Periodic medical examinations are recommended in order to detect and eliminate such causes of nervousness as infections in teeth, tonsils, and elsewhere. Sunshine has a soothing effect. Sometimes the child is helped by a rearrangement of routine of living or a pleasant word of praise.

The Child

HEALTH AND BEAUTY FOR CHILDREN. Kit Milanes and Norah Blake Cruickshank. (M. S. Mill Co., Inc., New York, 1938, pp. 84, illus.) This book illustrates various exercises that infants and children may take.

Health

HYDROCYANIC ACID GAS ABSORBED IN BEDDING. C. L. Williams. (Pests, Vol. 6, November 1930, No. 11, pp. 15-17.) The danger incurred by bedding's (particularly mattresses) absorbing hydrocyanic acid gas when fumigated are pointed out in this article. Overstuffed furniture and bulky mattresses absorb this gas and retain it in sufficient quantities after reasonable airing to constitute a source of danger. Sheets, blankets, quilts, and the like are so thin in comparison to these other articles that air passes through them rapidly, and the fumigating gases are readily released. Mattresses and overstuffed furniture may be rid of the gas by alternately heating and ventilating the room in which the articles are aired. The fumigated space should be brought to a temperature of between 75 and 80 degrees and maintained at this temperature for an hour or longer; then all windows should be opened again, and the space thoroughly ventilated. The reason back of this method is that when the mattress is chilled in airing, its ventilation becomes materially impaired; when heated, the gas evaporates much more readily. The process of heating and then ventilating should be repeated two or more times.

Health

BACTERIOLOGY OF THE HOME. Ava L. Johnson. (The Manual Arts Press, Peoria, Ill., 1939, pp. 163, illus.) Contents: Bacteria, Sterilization, The hands, The dishes, The house, The refrigerator, Food purchasing, Food care, Canning, The milk problem at the dairy, The milk problem in the home, Personal cleanliness, Disease, Vaccination and quarantine, Laboratory preparations, Laboratory precautions, To study the general dissemination and prevalence of bacteria, The hands and their care, Bacteria and dishwashing, Bacteria and the care of the home, Bacteria and the refrigerator, Purchasing food with bacterial count in mind, Preparation and care of food, Preparing utensils for canning, Making a count of the bacteria in milk, The milk problem in the home, What bacteriology teaches as to the condition and use of common things, Disinfectants in the home medicien-chest. The chapters on personal cleanliness, care of milk and other foods, and the house are of particular interest to homemakers, though the book is designed for classroom study. It contains in the second part a laboratory manual.

Health

FORESTALLING ACCIDENTS. John Melpolder. (Capper's Farmer, Vol. 49, October 1938, No. 10, pp. 47 and 49.) This article tells of the more than 100,000 accidents that occur on farms in America annually, 4,500 of which are fatal. It mentions the major hazards: (1) machinery, (2) livestock, and (3) fires.

Social

FIST PUPPETRY. David Fredrick Milligan. (A. S. Barnes & Co., Inc., New York, 1938, pp. xiii, 130, illus.) Besides telling how to make puppets, this book tells how they may be used in club groups, recreation centers, community and civic theaters, and the home for giving entertainment and putting across puppetry. The last part of the book includes 10 plays in which puppets may be used.

Social

NOW YOU CAN HAVE THAT CLUBHOUSE. Welch Richardson. (Successful Farming and the Dairy Farmer, Vol. 36, October 1938, No. 10, pp. 22 and 49, illus.) This article with a floor plan tells how to construct a community clubhouse, 40 by 20 feet, which has been erected for less than $400. It also mentions how business matters in connection with the financing of the house were handled as well as how other problems connected with the erection and location of such a building were met.

Social

PROBLEMS OF MODERN SOCIETY. Paul W. Paustian and J. John Oppenheimer. (McGraw-Hill Book Co., Inc., New York, 1938, pp. xii, 571.) A textbook intended to introduce college students to the field of human relations. In the part entitled "Problems of wealth and social organization" are chapters on problems confronting consumers, money and modern life, marriage and the family, and family disorganization and disintegration. In the part on "Problems of Population and Race," differences between races and the problem of racial discrimination and the present status of the Negro in America are discussed. In part III, "Problems of Social Control" by public opinion, various legislative problems are taken up. Part IV takes up "International Problems" and part V, The student of social sciences and the future. Among other things the author discusses absentee consumption and says that in this country we have not only developed the absentee owner in the system of production, but also accompanying this an increase in absentee consumption. By this he means a consumer so far away from the point of production that he no longer has any contact with it. He contends, with E. R. Groves, that marriage and family changes of recent years are due to changes in the characters of the people themselves which are expressed and make necessary new forms in the marriage relation. He cites as an example the education and increasing equality of women with men as one of the factors that bring about a change in marriage relationships. He looks on changes as inevitable.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Cooperative Extension
Washington, D. C.

No. 351 February 1, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Equipment

ILLUMINATION. Course II. Industrial Relations Department. (Westinghouse Electric & Manufacturing Co., East Pittsburgh, Pa., rev. 1934, pp. 206, illus.) Table of contents: Light sources, Incandescent lamps, Units of light - photometry, Light control - lighting equipment - color, Interior lighting design, Industrial lighting, Commercial lighting, Display lighting, Electrical advertising, Home lighting, Farm lighting, Exterior lighting. This book, for one thing, says that no incandescent lamps are made for operation in any position. This does not mean that their light output will be as good in some positions as in others, but that there will be no serious harm in using them in any position. Every gas-filled lamp has a flow of gas inside the bulb which carries with it the slowly evaporated black tungsten. If this lamp is burned base up, the tungsten particles will be deposited in the neck of the bulb and will interfere very little with lighting output. In other positions the tungsten particles will rise to the highest point in the globe. Some lamps are designed to be burned only in certain positions. The filament may be damaged because it may not be supported in certain directions. Some lamps in which there is a circulation of gas may have the glass softened in some one spot which becomes hotter than any other part of the globe.

Equipment

THEORY OF MECHANICAL REFRIGERATION. N. R. Sparks. (McGraw-Hill Book Co., Inc., New York and London, 1938, pp. ix, 225.) This book confines its contents to information necessary for the presentation of the fundamental thermodynamic approach to the subject of refrigeration, excluding such material as may appear elsewhere in works of the handbook type. Various systems of refrigeration, such as air refrigeration, vapor refrigeration, compound vapor-compression systems, solid carbon dioxide, multiple-effect vapor compression, absorption refrigeration, refrigeration in air conditioning, and water-vapor refrigerating, are discussed.

Social

PROBLEMS OF RURAL LIFE FOCUSED BY THE DEPRESSION. Dwight Sanderson. (Rural Sociology, Vol. 3, September 1938, No. 3, pp. 258-266.) Abstract p. 258. "The depression has affected rural life mostly on the economic side, but indirectly it has had a considerable influence on its social organization. It has given a larger place to the subsistence values of rural life. It has given impetus to soil conservation. County organization of rural social work, direct attack on the tenancy problem and a strong movement for Federal aid to the common schools are other movements resulting from the depression. Farmers have become convinced of the necessity for collective action, but it has also become apparent that their interests are regional, and that the integration of the opposing interests of different regions is essential for a national policy for agriculture. These movements have all been conducive to a reconsideration of the fundamental values of rural life."

Social

INTELLIGENCE AS A SELECTIVE FACTOR IN RURAL-URBAN MIGRATIONS. Noel P. Gist and Carroll D. Clark. (The American Journal of Sociology, Vol. 44, July 1938, No. 1, pp. 36.) Abstract. "Thus far, studies of the selective influences of rural-urban migration have failed to control adequately the cultural factor. Such control was achieved in the study here reported by measurement of the groups to be compared when they were living in the same rural communities before migration had occurred. A sample of 2,544 high-school students was given a standard intelligence test in 1922-23. In 1935 residential data were obtained and the former students were classified as rural and urban. The urban group was in turn divided into four classes according to city size. The urban migrants were found to be superior as measured by the test scores, and their superiority was greatest in cities of metropolitan class. Out-of-State migrants excelled the group remaining in Kansas. The results indicate that the urban environment is exerting a stronger pull upon the abler rural inhabitants of the State, though this selection does not necessarily have any genetic significance."

Social

RURAL FAMILY LIFE. Mrs. Raymond Sayre. (Rural America, Vol. 16, November 1938, No. 8, pp. 8 and 9.) That the family is the most important single unit in organized society is claimed in this article. It tells what the responsibility of the family is in developing in children those attitudes we call moral.

Personal

HUMAN MISFITS. Alexandra Adler. (Science Digest, Vol. 4, December 1938, No. 6, pp. 1-6.) This article is a digest from the book "Guiding Human Misfits" published by The Macmillan Company, New York, 1938. In it the neurotic person's problems and relations with other people are discussed. The author says three types of children are most likely to develop into neurotics: Those who are pampered, those who are disliked, and those who have an organic inferiority. It closes by saying that the neurotic will always try to prove that there is a justification for his behavior by stressing his symptoms. He will feel unable to do what he sees to be incumbent upon him. He always hides behind the word "but." While the "yes but" is typical of neurotics, it is not typical of the criminal, for the criminal does not recognize social demands.

Personal

PRINCIPLES OF PROFESSIONAL BEAUTY CULTURE. Herman Goodman. (McGraw-Hill Book Co., Inc., New York and London, 1938, pp. xii, 395.) The purpose of this textbook is to present the underlying principles of cosmetic art and science. An attempt has been made in this volume to disprove some cosmetologic folklore. Among the chapter headings are the following: Anatomy of the skin, nail, and hair; Body odor; Sunburn and suntan preventives; Care of the skin in childhood and adolescence; Permanent waving; Eradication of blemishes; Care of hands, feet, and nails; Soap and water; Sanitation, hygiene, bacteriology, and sterilization.

Personal

ON GETTING ALONG WITH MEN. Bernice Fitz-Gibbon. (Independent Woman, Vol. 17, March 1938, No. 3, pp. 79 and 80.) The author's contention is that you get along with men just as you do with anyone else. A genuine person is the most pleasant to have in the office or, for that matter, in the rainbow room. She also says that no matter how much you adjust yourself to people it is fatal to adjust yourself right out of individuality and that there is altogether too much adjusting going on at the present time. She advises women that it is their abilities as human beings rather than their charm as women which take them to the top in business, and to exploit themselves the way a man exploits himself, that is, take their ideas to the important men, the men who can use them without red tape. Learn your trade and spend a great deal of time with people. Some day someone will ask you how you get along with men in business and you will have to stop and think about it and if you say, "Why I don't know," that is when you will be really getting along with them.

Food and Nutrition

TWENTIETH ANNIVERSARY COOK BOOK. Compiled by members of the McLean County Home Bureau. (The McLean County Home Bureau, Bloomington, Ill., 1938, pp. 238.)

Foods and Nutrition

STRUCTURE OF PROTEINS. (The Journal of the American Medical Association, Vol. 111, December 3, 1938, No. 23, pp. 2120 and 2121.) An editorial discussing the structure of proteins and our newer knowledge of this subject. It mentions the contribution made by the X-ray clinical analysis of the insulin molecule to our understanding of the structure of proteins and the cyclol hypothesis presented by Dorothy Wrinch, who contends that there are set patterns of protein structure.

Foods and Nutrition

A DIET RESTRICTED IN POTASSIUM. Sister Mary Victor. (Journal of the American Dietetic Association, Vol. 14, December 1938, No. 10, pp. 759-772.) In this report of clinical investigation at the Mayo Foundation the author says: ". . . The content of potassium in an average normal diet is between 4 and 5 gm. each day. However, if there is a liberal use of foods and food accessories rich in potassium such as soup, broth, and gravies containing meat stock or meat extract, catsup, mustard, and other seasonings, dried legumes, nuts, tea, coffee, chocolate, Postum, bran, dried fruits, like dates and figs, and whole grain cereals, this amount may be more than doubled. . .To construct a diet restricted in potassium, it was found necessary (a) to limit the selection of bread, cereals, and sugars to the highly refined products; (b) to use moderately, milk, meat, fruits, vegetables, and condiments, and (c) to include vegetables and meats prepared according to a special method (d) whereby their content of potassium is reduced to such an extent that they may be used with safety." Tables show the chemical composition of diets restricted in potassium and classification of vegetables, fruits, and other foodstuffs according to potassium content and suggestions for special methods of cooking vegetables in order to reduce the potassium content. A potassium restricted diet is desirable in the treatment of Addison's disease.

Foods and Nutrition

THE A.B.C. OF VITAMINS. Harry N. Holmes. (Science Digest, Vol. 4, December 1938, No. 6, pp. 19-24.) This article is a condensed summary of the book "Have you had your vitamins?" published by Farrar & Rinehart, Inc., 1938. It gives a history of the development of our knowledge of various vitamins and their uses in the diet.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington, D. C.

VI 2 FEB 10 1939

No. 352 February 8, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management RETAIL CREDIT SURVEY, 1937. Malcolm L. Merriam. (U. S. Department of Commerce, Pub. Dom. Com. 103, U. S. Government Printing Office, Washington, D. C. 1938, pp. 153. Price 20 cents.) "There is a sharp division of opinion as to the part performed by consumer credit in the vast strides which have been made, and with reference to the manner in which it should be used in the future. Whatever the merits on either side of these broad issues, the facts are that about one-half of the present-day retailers grant credit to consumers and one-third of all retail sales are on that basis. Borrowed or invested capital, which is measured in billions, is continuously employed by retailers to carry their accounts receivable. The cost of these funds to both retailers and consumers amounts to hundreds of millions annually. Obviously, it is of primary importance to prepare information for general use which will lead to the most efficient management of this phase of business activity..." All the reports presented are from credit-granting stores which handle two-thirds of the aggregate retail credit volume.

Management THE FOLLY OF INSTALLMENT BUYING. Roger W. Babson. (Frederick A. Stokes Co., New York, 1938, pp. ix, 248.) This book points out the danger in installment buying. The author considers it a dangerous makeshift, particularly as a means of marketing clothing and perishable goods. Merchants discovered in the installment plan a means of making more money on a time sale than they could make on a cash basis. The author makes the following suggestion to those who want to buy on the installment plan in spite of what this book says: "Pay cash for comparatively small purchases, since the cost of financing them is proportionately high. Better still: Do not purchase any article on installments, but practice installment saving." He says that domestic science courses in colleges and secondary schools are not teaching the danger and damage of installment buying as much as they might, but he realizes the danger to the teacher's position if she undertakes such teaching. He says that the real facts about the viciousness of installment schemes as practices by crafty manipulators should be taught the public.

Food and Nutrition

HOW "THICK WHITES" GET THAT WAY. Sylvia Hawthorne. (Poultry Item, Vol. 41, December 1938, No. 2, pp. 8 and 23, illus.) A report of a study of what produces a thick white in eggs, which study has been in progress at the National Agricultural Research Center at Beltsville, Md. Eggs with a large quantity of thick whites are rated highly by producers and by consumers, because that means better eggs for poaching and frying. In storage, thin whites tend to become thinner; so the thicker the white is to begin with, the easier it is to preserve the quality of the eggs. This article discusses how feed and selection of laying stock effect the production of eggs with thick whites.

Food and Nutrition

RECENT ADVANCES IN NUTRITIONAL RESEARCH. E. V. McCollum. (Journal of the American Dietetic Association, Vol. 14, January 1938, No. 1, pp. 8-23.) This article explains the nature and need for the various vitamins and mineral elements in the light of recent research. In closing, he says: "In summary, we now know that animals may fail nutritionally because of dietary deficiency in any one of 9 to 14 amino acids (5 have not been thoroughly studied), as demonstrated by W. C. Rose of the University of Illinois and others; and that a deficiency of any 1 of at least 12 inorganic elements essential in nutrition, as well as a vitamin deficiency, may likewise cause nutritional failure."

Food and Nutrition

WHAT DO MEN LIKE FOR REFRESHMENTS? Clifford Parcher. (American Cookery, Vol. 43, December 1938, No. 5, pp. 283-285.) A survey of what men like for refreshments at parties is reported here. The conclusions reached are that they like light refreshments. Coffee was the favorite beverage; cocoa was a runner-up. Fresh fruit lemonade, punch, ginger ale, and other drinks of this nature were mentioned. Crackers and cheese were very popular. Even "nothing" was liked by some.

Food and Nutrition

THE AVAILABILITY OF IRON IN VARIOUS FOODS. Leah Ascham, Mary Speirs and Dorothy Maddox. (The Journal of Nutrition, Vol. 16, November 1938, No. 5, pp. 425-436.) A report of work done at the Georgia Experiment Station. The procedure followed is described, and results are discussed. Tables show results. Rats were used in this work, as subjects. The availability of iron in foods, according to the conclusions reached, falls into the following descending order: Black-eyed peas, spinach, turnip greens and kale, collards and mustard, head lettuce, and, finally, tender green and leaf lettuce.

Education

READ WITH A PURPOSE. Lola Clark Pearson. (The Farmer-Stockman, Vol. 51, November 1, 1938, No. 21, pp. 14.) In this short editorial, the author urges the selection of some subject of interest and concentration of reading on that subject. Young mothers may profitably read books on home nursing, child care, and feeding. Young parents would find a study of child psychology and family relationships interesting for reading and discussion. Reading in the field of some hobby such as books, or old glass, or antique furniture gives one knowledge and appreciation. The young man or woman who cannot afford to go to college should by all means read with a purpose. Latent talents may be developed by reading good books on a chosen subject. Color, for instance, may lead us into the field of dress designing or interior decoration. In this time of political unrest, reading along the line of civic questions helps us to be better informed and able to form our own opinions.

The author also refers to the fact that many Federal and State bulletins are available in many fields for study, and that books may be had from nearby libraries in many areas. Librarians also give suggestions as to good books in fields in which the reader is interested. She closes by saying: "If you are a hit-or-miss reader, suppose you try reading with a purpose this winter, and see how you like it."

Education

GRADE PLACEMENT OF PROBLEMS OF LIFE. O. I. Frederick and Lloyd Pace Musselwhite. (Journal of Educational Research, Vol. 32, November 1938, No. 3, pp. 195-204.) In this article are listed the problems of life which may well be included in teaching in each of the twelve grades of elementary and high school.

Education

ANNUAL LIST OF EDUCATIONAL MATERIAL. (Practical Home Economics, Vol. 16, September 1938, No. 9, pp. 352-364.) Several hundred publications from 173 sources are listed and described briefly. They are classified as those concerning food and beverages, textiles and related subjects, house furnishings and equipment, and manufacturers' descriptive material.

Education

HOME ECONOMICS EDUCATION. (School Life, Vol. 24, December 1938, No. 3, pp. 76, illus.) An article that tells what the schools are doing in the field of home-economics education. It says that approximately two-thirds of the high schools in the Nation offer instruction in home economics.

The Child — LEADER OR FOLLOWER--WHICH WILL YOUR CHILD BE? Hyman Goldstein. (Hygeia, Vol. 16, October 1938, No. 10, pp. 878-880.) The author gives a table of fifteen questions to be answered about a child to determine whether his trends in actions and thoughts place him in a dominant category, a submissive category, or somewhere between. There is a general discussion of these three categories.

The Child — WHO KISSES THE BABY? Lorine Pruette. (Parents' Magazine, Vol. 13, September 1938, No. 9, pp. 18, 19, and 61.) This article discusses the dangers to emotional stability in the child caused by indiscriminate physical contacts, particularly the danger of insisting that the child kiss all the relatives and close friends of the family. It is really an article in the field of family relationships and children's emotional needs.

The Child — SOME PSYCHOLOGICAL FACTORS IN THE PHYSICAL HEALTH OF CHILDREN. Margaret E. Fries. (Child Study, Vol. 16, October 1938, No. 1, pp. 5, 6, 30, and 31.) The ways in which the child responds to experiences during sickness and also to emotional experiences in relation to the illness of other people, and to his intellectual understanding of disease are discussed in this article. It takes up the idea of illness as a punishment, illness as a means of attaining an end, and tells how problems in a child's behavior which have been brought about by his reaction to illness may be handled.

The Child — CHILDREN AND SEX. Walter R. Ramsey. (The Farmer's Wife, Vol. 42, January 1939, No. 1, pp. 18.) This article discusses sex education of children, including how early information should be imparted, the importance of teaching cleanliness along with sex education. It closes by saying, "Fortify your children against contamination by others by education on all these matters and by complete confidence that they can come to you and talk over every sort of thing with you without the slightest hesitation. If you do this, you will have the minimum of trouble with your children concerning sex questions."

The Child — BEGINNINGS OF CHILD STUDY. From "Infant Observation" in the '80's to the A. A. U. W. Program Today. Marion Talbot. (Journal of the American Association of University Women, Vol. 32, January 1939, No. 2, pp. 87-91.) This article gives the history of child study from 1880 to the present time. It tells of the different people who have worked in this field and what their contributions have been.

Bleeker

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington, D. C.

No. 353 February 15, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal

SAFETY. Your Problem and Mine. William A. Evans and Mattie B. Fry. (Lyons & Carnahan, New York, 1938, pp. vii, 312, illus.) This book is designed to prepare children to protect themselves and others from increasing hazards of today. The contents are: Safety, your problem and mine; Safety in the home; Safety at school; Safety in the city; Safety on the farm; Safety out-of-doors; Safety on special occasions; Safety in walking and riding; Safety in driving; More about safety in driving; Building safety into our highways; Safety in other means of transportation; School safety organizations and activities; A check test on traffic and driving; Bibliography.

Personal

PSYCHOLOGICAL ASPECTS OF BUSINESS. Edward K. Strong. (McGraw-Hill Book Co., Inc., New York and London, 1938, pp. x, 629.) The author says in the preface that the chief aim of this book is influencing others. The book is divided into the following parts: General survey, How man satisfies his wants, Principles of influencing others, Tactics of selling, Research techniques, Employer-employee relationships. Chapter 29 deals with the subject of the leader. In this chapter the author has quoted pertinent paragraphs from the works of many other writers which describe a leader and the qualities which make him a success. He says "To be a leader, one must be available when opportunity arises and have the qualities demanded by the group at that time. This is particularly apparent in the political arena; it is just as true in other walks of life. Sometimes it appears that the group actively selects its leader, sometimes it looks as though the leader finds a group for himself; but in either case the leader must fit the existing social environment and be able to carry out in general the desires of the led." The chapter on "morale" also is one of interest to extension workers anxious for their own professional improvement.

Housing

COLOR SCHEMES FOR THE MODERN HOME. Derek Patmore. (The Studio Publications, Inc., New York, 1936, pp. 37, 28 color plates.) It contains the following chapter headings: Introduction to new edition, The psychology of color, Practical combinations of color, Color in relation to furniture and fabrics, Color - the secret of successful interior decoration.

Housing

RURAL HOUSING. M. L. Wilson. (Journal of Home Economics, Vol. 31, January 1939, No. 1, pp. 28-31.) The author explains the need for better rural housing, and says, "A farmhouse partly hidden by shade trees or framed by a country landscape may seem the ideal place to live. It has plenty of sunlight and fresh air." But the benefits of sunshine are minimized if a leaky roof lets in snow and rain. Many a farmer would trade a glorious view for plumbing and a chance to connect with a power line. He then speaks of the work of the Farm Security Administration in improving farm housing.

Housing

NEW IDEAS FOR BUILDING YOUR HOME. Edited by John Normile. (Better Homes & Gardens, Meredith Publishing Co., Des Moines, Iowa, 1938, p. 206) This book is divided into the following parts: Financing your home; Let the architect be your skipper; How to locate your new home; Gardened homes; Two summer homes; Bildcost gardened-home plan section; A man's home; Take your choice--stucco or brick; A little home to love and keep; A home of dreams come true; It really can be done--today; A small home with big possibilities; A home of American ancestry; The most for the lease; A model for any community; It's perfect for our friends who live in sunny climes; The charm of a cottage, the comfort of a castle; A twosome cottage that will hold three; A Georgian house that has everything; A house for the South; A house for the North; Old-fashioned but new; A home to grow with; A gardened home from old Monterey; "Come hither" house; A home of distinctive merit; A little big-gardened home that has everything; It's fault-proof; A home from old Virginia; Convertible colonial; Another sensational gardened home; At home anywhere; A modern hacienda; Deep dormers and bays; Our pioneers liked stone and wood; Living room for all; Small--but with no small-home faults; Yesterday's charm, today's convenience; It stands four square; A home without any headaches; For an up-and-coming family; 3 homes built from the same bildcost gardened-home plan; So you're going to build a new home; Fireproof and semifireproof construction; New materials and new construction methods; Glass in home construction, Waterproofing; Crackproofing; A good roof; Make it stick; A good paint job; Wiring and lighting your new home; Red flannels; Air conditioning; Summer air conditioning; Your home's plumbing; Your new kitchen; Paneling possibilities; Shelters for your door; Bay windows pay sunny dividends; Landscaping your home; Minimum specifications for new homes; Building terms explained.

Foods and Nutrition

OUT OF THE CRACKER BARREL. T. Swann Harding. (Reprinted from The Southern Economic Journal, Vol. 5, October 1938, No. 2, pp. 218-225.) In discussing the difference in price between unpackaged and packaged foods the author says that when food processors begin to sell such things as crackers in moistureproof, cellophaned packages, they did this in the name of sanitation and decency. At the same time they made package and container more attractive, decorative, costly and better known than ever before and the cost of food advertising was largely borne by nationally known brands of packaged goods. He tells the difference in cost, for example, of foods put up in number 1 cans, number 2 cans and those of larger sizes, and says that if the shopper is not skillful in mathematics or does not carry an adding machine around with her she has great difficulty in figuring the values of what she buys. Regarding quality, he says this is often lost sight of altogether in the promotion of packaged brands. He mentions some of the things that housekeepers have objected to from time to time in packaged goods, and wonders why producers have not taken notice of their objections.

Foods and Nutrition

FOOD AND WELFARE. F. L. McDougall. (Geneva Research Centre, Geneva, Switzerland, Vol. 9, November 1938, No. 5 of Geneva Studies, pp. 56.) A report of the work of the Committee on Foods and Welfare of the League of Nations, which has the following table of contents: Brief statement of recent league activities, especially in regard to nutrition, The basis of the problem of nutrition, Trends in food habits, The economics of food consumption, Standards of Living, The agricultural problem, Some results of policies of increased consumption. This booklet says in conclusion: "The five aims of an improved level of nutrition, higher standards of living, a more prosperous world agriculture, freer international trade, and an increased volume of trade, together interlock to form lines of policy which should ensure economic and political stability to the nations prepared for such cooperation, and if vigorously prosecuted should help to promote the peace so desirable but so difficult of achievement in the world today."

Food and Nutrition

FREEZING METHODS EVALUATED. J. G. Woodroof. (Food Industries, Vol. 10, November 1938, No. 11, illus.) Various tests which have been made on the freezing of fruits and vegetables are described in this article, and it points out the effects of different freezing rates on the condition of the product.

Food and Nutrition

PHOSPHATED FLOUR. Elizabeth McKim. (Food Facts, Vol. 8, January 1939, No. 4, pp. 4.) A short article, which tells how phosphate or calcium acid phosphate often is used in flour "to improve its quality."

Social — MOTHERS AT PLAY. Rural recreation camps are giving farm women a chance to rest, make new friends, and vacation away from home and family. Marjorie Griffin. (Successful Farming, Vol. 37, January 1939, No. 1, pp. 38 and 39, illus.) An article which tells about farm women's camps in Missouri, Indiana, and some other States.

Social — THE COMMUNITY HANDBOOK. Alexander Nunn, Donis McIntosh, and Elsie Orr Echols. (Progressive Farmer-Ruralist Company, Birmingham, Ala., 1938, pp. 224.) This book is made up of nine parts entitled: Programs, Parties, Plays, Games, Songs, Community meetings, Parliamentary law, Good manners, Camping, and First aid. The part on programs tells the importance of developing a rural community life, how to set up an organization, parliamentary procedure, program building and publicity. There are suggestions for socials, games, stunts, and contests and a chapter on good manners at home and away, and another on native materials for decorations and favors.

Social — SOME GENERAL CHARACTERISTICS OF ADOLESCENCE. Caroline B. Zachry. (Progressive Education, No. 8, December 1938, Vol. 15, pp. 591-597.) This article discusses effects of our contemporary culture on adolescence. He says that: "Restlessness among young people and their sense of futility, their tendency to identify themselves with antidemocratic movements, widespread neurosis and crime testify not only to a lack of personal satisfaction; they suggest further that democratic society is undermining itself by failing to realize the potentialities of this period--neglecting to direct young people into channels of social usefulness. By not providing for self-realization through forms of social participation appropriate to their stage of development, it squanders the psychobiological resources which each generation of adolescents has to contribute anew to the continuous reconstruction of democracy." He discusses the cause of these characteristics. Thus it is not difficult to see why adolescence in the contemporary culture is strongly characterized by strain, conflict, and ambivalence.

Social — COUNTRY LIVING. Plus and Minus. Charles Morrow Wilson. (Stephen Daye Press, Brattleboro, Vt., 1938, pp. 232.) The contents of this book include discussions of rural America today, city folks in the country, country trading habits, city contributions to country living, country living a way of life, subsistence of farmers, kinds of country living, financial problems of farmers, such as budgets and markets, providing subsistence, livestock to choose, barter and other means of trading commonly used in country areas, and closes with a discussion of one man's farm is another man's fallacy, and to look before you leap when considering moving to the country.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 354 February 22, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

The Child — CARE OF INFANTS AND CHILDREN. Whittlesey House Health Series. Harry Lowenburg. Morris Fishbein, ed. (McGraw-Hill Book Co., Inc., New York, 1938, pp. xii, 300.) This book is intended to be a guide to mothers in "how to do" but not "when and why to do" in times of sickness and during periods of normalcy of the child. In other words, it is intended to help the mother, the nurse, and even the inexperienced young physician to carry out the physician's orders. Chapter heads: Marriage and pregnancy, Breast feeding, Artificial feeding, Feeding older children, Development, Hygiene, Prevention of contagious diseases, Care of the sick child, Sick room preparations, and The layette.

The Child — CORNERSTONES IN CHILD GUIDANCE. Maurice Stollerman. (The Oxford Press, Providence, R. I., 1938, pp. 80.) A little book giving a summary of general knowledge of child care and discipline. Chapter headings: Basic considerations in child guidance, Methods of discipline, Clothing children with importance, Referring children for punishment, The myth of the model child, Growing attitudes to growing children, The importance of a sense of security, Adolescence, Know your child. The juvenile court and delinquency.

The Child — CHARACTER, GROWTH, EDUCATION. Fritz Kunkel. (J. B. Lippincott Co., New York, pp. xii, 348.) The contents of this book are divided into the subjects dealing with Early childhood, School period, Adolescence, and Child guidance.

Social THE HAPPY FAMILY. John Levy and Ruth Monroe. (Alfred A. Knopf, New York, 1938, p. 319.) The chapter headings are: How families begin, Settling down to marriage, The other woman, Sexual satisfaction, Living together, Work and money, Children: The consummation of marriage, All children have difficulties. Case studies of family relationships are presented in this book.

Social CITY AND COUNTRY SERVICES UTILIZED BY FARM FAMILIES. John F. Cuber. (Sociology and Social Research, Vol. 23, November-December 1938, No. 2, pp. 157-161.) A study made in the same line as that made some years ago by Cobb and Parsons: "Trends in Town-Country Relationships." The conclusions reached in this study of over 200 farm families is that trading was done in the large centers. In the service category the local village had almost complete dominance of banking and medical care and in supplying religious, fraternal, and other strictly social facilities to these farm families. The produce marketing facilities of the local village are utilized in varying degrees among various farmers and among types of produce.

Social HOW TO BE A LEADER. George D. Halsey. (Harper & Brothers, Publishers, New York and London, 1938, pp. xii, 219.) Chapter headings: Why study leadership, Understanding and influencing people, One simple rule for making and keeping friends, Remembering names and faces, Ten attributes for leadership, Beginning your program of self-development, Selecting the right person, Fifteen commandments of teaching, The art of making meetings interesting, The short business speech, Measuring and rating individual performance, Helping the individual to do better work, The leader's "problem cases," How to handle dismissals, The pay envelope, Developing an assistant, Selling your services and keeping them sold, A suggested program for your development in leadership, A suggested library on leadership, Topics for further thought and discussion, Suggestions to chairmen of business groups discussing leadership, A suggested minimum course in human relations for all undergraduate students. Under the heading "Making and keeping friends" the author tells what pleases people. He gives one simple rule for making and keeping friends, this is: "Always take every honest opportunity to say and do those things which make people feel bigger, better, more important. Never unless it is absolutely necessary for their own good or unless circumstances allow no alternative, say or do those things, even in joke, which hurt people's feelings, which make them feel smaller, meaner, less important."

Clothing and Textiles

LEATHER SHOES FOR MEN AND WOMEN. (Consumers' Digest, Vol. 5, January 1938, No. 1, pp. 39-46.) This article says in the introduction there is probably no other article of apparel concerning which the average individual's ignorance is more colossal than about shoes, nor is there any product in respect to which his risk of being stuck by a bad article, or by his own or the shoe clerk's poor judgment, is greater. He then explains the construction of shoes and the vocabulary used in describing them, tells how shoes should fit and of the most suitable and durable material from which they may be made.

Clothing and Textiles

SAVING BY HOME CLOTHING CONSTRUCTION. May L. Cowles. (Journal of Home Economics, Vol. 31, January 1939, No. 1, pp. 32-34.) The author reports the summary of various studies of the comparative cost of purchasing ready-made clothing and making clothes at home. The conclusions reached were that there is a substantial saving in home construction of the six types of garments studied, if labor costs are not taken into account. These six garments were: Cotton dresses, wool or part-wool dresses, aprons, cotton slips, bloomers or panties, and pajamas or nightgowns.

Clothing and Textiles

COMPARATIVE INSULATIVE VALUES OF CAMEL-HAIR VERSUS WOOL. Sylvan I. Stroock. (Textile Research, Vol. 9, November 1938, No. 1, pp. 16-23.) A report of research made to determine the comparative insulative values of camel-hair and wool in various conditions, such as in the states of natural grease, scoured fibers, fibers taken from the filling blend. Results show that because of the greater fineness of the camel-hair it has a higher insulating value in all instances than has wool. For instance, materials made from both fibers were of uniform thickness, and the camel-hair material had 61-69 percent more fibers to the square inch than the wool material.

Clothing and Textiles

THE DYEING OF IRIDESCENT HOSIERY. Henry Dixon. (American Dyestuff Reporter, Vol. 27, September 19, 1938, No. 19, pp. P520-P522.) This article speaks of the processes used in dying iridescent shades of hosiery. Such shades are fast becoming a popular fad. It says in conclusion that there is some fear that when hot weather approaches, this fashion may be subjected to a severe test since neither the merchant nor the consumer knows yet whether or not such hosiery will fade or streak.

Health LET GO. . .AND SLEEP. Ray Giles. (Better Homes & Gardens, Vol. 17, September 1938, No. 1, pp. 20, 21, 84 and 85.) A summary of present-day knowledge of what constitutes good sleep and how it may be obtained. Why we sleep, how to relax, how to improve our sleep, exercising for sleep, eating for sleep, working toward sleep, naps during the day, and work are discussed.

Health ADMINISTRATION OF THE NEW FEDERAL FOOD, DRUG, AND COSMETIC LAW. Walter G. Campbell. (Food Industries, Vol. 10, December 1938, No. 12, pp. 688-689, and 716.) Tells about requirements set up by the Food, Drug, and Cosmetic Law, and discusses the problems involved in administering it.

Health YOUR FEET AND WHAT YOU SHOULD KNOW ABOUT THEM. Daniel H. Deyoe. (Forecast, Vol. 54, December 1938, No. 10, pp. 448, 449, 478, and 479, illus.) With five diagrams the author explains causes of foot trouble and abnormalities due to poor-fitting shoes and to abuse of the feet in standing and walking.

Health RURAL NEGRO HEALTH. A report on a 5-year experiment in health education in Tennessee. Michael J. Bent and Ellen F. Green, for the Joint Health Education Committee. (Julius Rosenwald Fund, Southern Office, Nashville, Tenn., 1937, pp. 85.) A report of a 5-year experiment in health education for Negroes made in Tennessee. The factors considered were the health knowledge of the people, home environment, school environment, and what is being done in the way of education to help them.

Health SLEEP CHARACTERISTICS. How they vary and react to changing conditions in the group and the individual. N. Kleitman, F. J. Mullin, N. R. Cooperman, S. Titelbaum. (The University of Chicago Press, Chicago, 1937, pp. vi, 86.) A report of a study of sleep characteristics and how they vary and react to changing conditions in the group and in the individual. The study was aided by a grant from the manufacturers of Ovaltine given at the request of the University of Chicago. One of the conclusions reached was that those who slept from 8 to 8-3/4 hours felt better than those who slept less, and considerably much better than those who slept less than 6 hours. Sleeping over 9 hours seems to be less beneficial than sleeping 8 to 8-3/4 hours.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington, D. C.

No. 355 March 1, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Food and Nutrition

THE VITAMIN CONTENT OF HUMAN FOODS AS AFFECTED BY PROCESSES OF COOKING AND CANNING. Margaret A. Boas Fixsen. (Nutrition Abstracts and Reviews, Vol. 8, October 1938, No. 2, pp. 281-307. With tables.) This is a report from the Imperial Bureau of Animal Nutrition of Great Britain. It discusses the effects of various methods of cooking, canning, etc. on the vitamin content of the food. It then gives a table extending from page 296 to 307 listing food products, giving descriptions of them and their vitamin-A potency as determined to date, carotene content, method of treatment to which they were submitted, and references used in making the study.

Food and Nutrition

HOW TO CURE AND SAVE GOOD MEAT ANY WINTER. Tait Butler. (Progressive Farmer, Vol. 53, December 1938, No. 12, p. 6, illus.) The pumping process of treating hams, shoulders, and other cuts to prevent souring around the bones is described in detail. He says this process may be used in any farm home. A brine solution is used in the pump.

Food and Nutrition

ADMINISTRATIVE CONTROL OF FOOD HANDLERS AND PLACES DISPENSING FOOD AND DRINKS. Katherine Marden, Joseph M. Curry, Louis J. Horowitz, and Benjamin G. Horning. (American Journal of Public Health and the Nation's Health, Vol. 28, November 1938, No. 11, pp. 1277-1284.) The authors point out the importance of maintaining the health of food handlers, since they, when not in the best of health, frequently have been known to jeopardize the health of an entire community. It describes laboratory studies made to determine the transference of disease from dishwashers and food-handlers to others, and suggests legislation that might help in insuring care for the health of the worker as well as the protection of the community.

Food and Nutrition

FOOD FOR THE FAMILY. Jennie S. Wilmot and Margaret Q. Batjer. (J. B. Lippincott Co., New York-Chicago, 1938, pp. x, 619.) An elementary college text, the sections of which are: Health and nutrition, Food selection and preparation, and The family's meals.

Extension

RURAL TRENDS IN DEPRESSION YEARS. Edmunc deS. Brunner and Irving Lorge. (Columbia University Press, New York, 1937, pp. xvi, 387.) Chapter 8, "Adult Education: Agricultural Extension," gives considerable space to the work of the Agricultural Extension Service of the Federal Government and of the various States.

Extension

AN APPRAISAL OF 4-H CLUB BENEFITS. Weber H. Peterson. (Rural Sociology, Vol. 3, September 1938, No. 3, pp. 303-308.) This study compares the 4-H students with non-4-H students at Montana State College as to participation in student activities, and scholastic standing. It says the effect of 4-H training was more pronounced in the sophomore and junior years of college than in the senior and freshman years.

Extension

DISADVANTAGED CLASSES IN RURAL LIFE. Dwight Sanderson. (Rural America, Vol. 16, December 1938, No. 9, pp. 3-9.) The writer takes up the situation of disadvantaged classes in rural America, the conditions causing such a situation, remedial measures that may be taken, and says that "Ever since the inception of the cooperative demonstration Work, the county farm and home demonstration agents have been outstanding leaders for rural improvement. Unfortunately, however, the very nature of their work has naturally developed a constituency among the more progressive rural people, who have largely absorbed their time, so that, by and large, they have been unable to devote much time to helping the disadvantaged classes who most need their help and who require the best leadership." Recently the Farm Security Administration has been cooperating with the State Extension Services in supporting county farm and home supervisors for their rehabilitation clients, and they are becoming the chief factors in the success of this program. There are, however, far too few of them, and they need special training for this work. The extension workers in agriculture and home economics lack the essential knowledge of social case work, and the social welfare workers lack a knowledge of agriculture and rural life.

Extension

AN APPROACH TO A PHILOSOPHY OF EDUCATION. Theodore H. Eaton. (John Wiley & Sons, Inc., New York, 1938, pp. ix, 273.) The first part of this book deals with discovering and formulating a suggestive ordering of values in life. The second part deals with general bearings of the suggested ordering upon education designed to make life as useful and meaningful as it may be. The chapters take up: A man and his environment, Social behavior and societies, A biological approach to values; utility, A psychological approach to values; meaning, A social view of values, Education as a human enterprise, Some implications of the theory of biological success, Some bearings of the theory of spiritual manhood, and Some implications of the social view.

Clothing and Textiles

MIXTURE SPUN RAYON DRESS GOODS. (American Wool and Cotton Reporter, Vol. 52, December 15, 1938, No. 50, pp. 7 and 8.) Describes new developments in making rayon fabrics of spun rayon. The author says that there is a greater possibility in the manipulation and combination of spun rayon fibers than there is with cotton. It is more difficult to make fine fabrics from rayon than from the other fibers, but he says that great strides are being made in this field of rayon production.

Clothing and Textiles

ARE DYES AND FINISHES LIABLE TO CAUSE SKIN AFFLICTIONS? Noel D. White. (American Dyestuff Reporter, Vol. 27, October 3, 1938, No. 20, pp. 556-668.) In discussing dangers from dye finishes the author says "I had known dyers to get infected hands and fingertips from working in sumac, tannic acid, and bichromate baths, and had seen caustic alkalies cause skin eruptions." He also cited instances of skin afflictions caused by materials used in finishing fabrics, one of these being the result of a sulfonated castor-oil finish, sometimes used on socks, which is markedly alkaline. He says that these causes are more common than that of injury from actual dyes.

Clothing and Textiles

SILK'S LAST BATTLE-GROUND? (Textile World, Vol. 88, October 1938, No. 11, pp. 55-56.) This article discusses Fiber 66 made from protein products which the author thinks will some day supplant silk in the making of full-fashioned hosiery. As yet, however, this fiber is not produced in commercial quantities, so there is some doubt as to its wearing and other qualities.

Clothing and Textiles

NEW WAYS OF SELLING FABRICS. (Rayon Textile Monthly, New York. Vol. 19, November 1938, No. 11, pp. 34.) An editorial which says: "The older fibers had no publicity given them by yarn producers. The promotion of cottons, wool fabrics, and silks was 'something for the textile manufacturers to do in their own name.' With rayon, the promotion has gone down the line from spinner to weaver, to garment maker, to retailer, and to the consumer, through direct sales advertising in fashion and house magazines. . . Effective promotion is already being given to this latest product of the year, synthetic fiber from protein, and stories written in the popular vein are being published throughout the country extolling the advantages which the yarn will give in apparel and in other fields."

Personal

ETIQUETTE UP-TO-DATE. Mrs. Cornelius Beeckman. (Southern Publishers, Inc., New York, 1938, pp. viii, 312.) The author says that to one woman the word "etiquette" may connote a prissy insistence on empty and outworn forms which are symbolized in her mind, or it may connote recalled tragic consequences of using the wrong fork, or some such trifle. The author holds the opinion that etiquette is not something remote, but that every moment of the day presents problems of social adjustment which only some accepted code of conduct can solve smoothly. She tries to present these codes in this book.

Personal

PERSONALITY. (A Psychological Interpretation. Gordon W. Allport. (Henry Holt & Co., New York, 1937, pp. xiv, 588.) Chapter headings: Psychology and the study of individuality, Defining personality, A brief history of characterology, Foundations of personality, Basic aspects of growth, The self and its constraints, The transformation of motives, The mature personality, The search for elements, The theory of identical elements, The theory of traits, The nature of traits, The unity of personality, A survey of methods, Common traits: Psychography, Analysis by ratings, tests, experiments, Expressive behavior, The ability to judge people, Inference and intuition, The person in psychology. Of particular interest is chapter 8 on "The mature personality." The author says that a developed person is one "who has a variety of autonomous interests; that is, he can lose himself in work, in contemplation, in recreation, and in loyalty to others. He participates with warmth and vigor in whatever pursuits have for him acquired value. Egocentricity is not the mark of a mature personality. . . Unless directed outward toward socialized and culturally compatible ends, unless absorbed in causes and goals that outshine self-seeking and vanity, any life seems dwarfed and immature." He also says that the second requirement of the mature personality is self-objectification, which is the detachment of the mature person when he surveys his own pretensions in relation to his abilities, his present objectives in relation to possible objectives for himself, and his own equipment in comparison with the equipment of others, and his opinion of himself in relation to the opinion others hold of him. He calls it insight which is bound in subtle ways with a sense of humor. The third requirement of the mature person is a unifying philosophy of life.

Personal

THE GIRL TODAY THE WOMAN TOMORROW. Lucretia P. Hunter. (Allyn and Bacon, New York, 1938, rev. pp. xi, 374, illus.) A textbook for secondary schools. It aims to give principles that will guide high-school girls in developing social acceptability, which deals with voice, speech, and other essential qualities. It discusses conduct, and then takes up the problems of various girls, such as the college girl, the business girl, the homemaker, the traveler, and the citizen.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 356 March 8, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Personal PSYCHOLOGY DOWN THE AGES. C. Spearman. (Macmillan & Co., Vol. 1, xi + 454; vol. 2, vii + 355; 1937. Abstracted in the Quarterly Review of Biology, vol. 13, December 1938, No. 4, pp. 484 and 485.) This abstract quotes the author of the book as saying: "The general tide of psychology seems to have arrived at conceiving the principle of mind, the 'psyche,' as an individual who feels, knows, acts; who does so in a manner more or less well adapted to three intricately combining and often conflicting tasks; those of preserving himself, his family, and his society. .. And so, after 2 thousand years of study, we might seem to come to a Mind which--save for the larger credit allowed to evolution--is disconcertingly similar to what it was originally supposed to be by common sense."

Personal HUMAN SOCIAL BIOLOGY. Antonio Ciocco. (The Quarterly Review of Biology, vol. 13, December 1938, No. 4, pp. 439-451.) A technical article which takes up animal social behavior and instinctive behavior of man, the individual and the group, and stable factors in social relations. The author says, "In common with all living creatures, man demonstrates those qualities which Pearl has summed up as follows: Urge for individual survival, urge for reproduction, variability. The multitudinous manifestations of these qualities or their relationship with the differences in structure and function of the many kinds of living creatures cannot be discussed here. Based on the elements in common, one approach to the study of human social biology is that of animal experimentation and observations." He says in conclusion, that "The social activities of man are not to be looked upon as configurations of geometric points, or as movements of automatons, or simply as the behavioristic responses of animals, but instead they are to be regarded as the manifestations of living creatures whose mutual relations reflect to a greater or less degree, at one end and at the same time, their powers of rationalization and their biological constitution."

Clothing and Textiles

WATERPROOFING COTTON DUCK AND CANVAS. Felix B. McLain. (American Dyestuff Reporter, Vol. 27, September 19, 1938, No. 19, pp. 507-517.) This article deals with the wax-type or cheap commercial waterproof treatments for fabrics. It explains treatment suited best for materials used for different purposes.

Clothing and Textiles

COLOR AND LINE IN DRESS. Laurene Hempstead. (Prentice-Hall, Inc., New York, 1938, pp. xiv + 350, illus.) The author says her aim has been to keep basic principles of first importance, using fashion as a common language to help her explain and illustrate principles of color and line in terms familiar to the reader. Chapter headings: The hairdress shapes the face; Brooches, clips, necklaces, earrings change apparent contours of face; Necklines frame the face; The hat is the background for the face; Relating the colors worn to the pigmentation of the skin; Relating the colors worn to the pigmentation of the hair and eyes; Critical analysis of individual coloring; Colors becoming to individuals of cool coloring; Colors becoming to individuals of warm coloring; Intermediate type selects colors to emphasize best features; Colors vitalize women with gray or white hair; Harmonious combinations of color; Optical illusions affecting the figure; Texture and color affect silhouette and size; Devices that make large hips less evident; Lines minimizing enlarged diaphragm and abdomen; Lines modifying the large bust; Costume lines that improve round shoulders; Methods of hiding large upper arm; Footwear, foundation for the figure; The tall, slender woman; The tall, heavy woman; The short, slender woman; The short, heavy woman; Line in relation to mood and character; Children's clothes; The miss in her 'teens; The young woman; The middle years; The elderly woman; "She wears her clothes well." This book is intended for students of high-school or college grade.

Clothing and Textiles

COLOR AND DESIGN IN THE DECORATIVE ARTS. Elizabeth Burris-Meyer. (Prentice-Hall, Inc., New York, 1937, pp. xx 572, illus.) Written for use in the School of Retailing, New York University. It deals with established principles and not opinion, and has been written in response to requests for material pertaining to the application of the principles of color and design to merchandising. However, the material in it is quite as interesting to the consumer as to the salesman or producer. Chapter headings: Contemporary applied arts and the merchant, What is color?, Color science, Color harmony, Color coordination in dress, Color and cosmetics, The ensemble, Designing for children, Color and line in dress for men, Color and design in interior decoration merchandise, Fabrics in decoration, The design, The principles of design, Harmony of proportion, Harmony of balance, Rhythm and movement, Sources of color and design, Color and design in packaging, Interior and exterior display, and Lighting the home and the store. Several colored charts are in this book.

Food and Nutrition

THAT PROPOSED INSTITUTE OF HUMAN NUTRITION. (Food Industries, Vol. 11, January 1939, No. 1, pp. 3.) "Establishment of an institute of human nutrition as recently proposed to Associated Grocery Manufacturers of America is a worthy ideal...Aside from the humanitarian aspects of greater progress in the science of nutrition, which would, of course, be splendid raw material for public relations activities, certain byproducts of fundamental research can be anticipated. For fundamental research often brings to light many such ideas of tangible value. But the purpose of an investigation of the character proposed requires a different sort of appraisal than the average businessman customarily gives..In the case of a new process which a research laboratory may propose, it is quite proper to study its economic merit. In research findings which relate to products, byproducts or waste, it is necessary to use the dollar test. But no dollar test may be applied to measure the usefulness or value of research in human nutrition or human welfare."

Food and Nutrition

QUICK FROZEN FOODS IN CANS. Joseph M. Roush. (Food Industries, Vol. 11, January 1939, No. 1, pp. 10, 11, and 54.) This article describes new developments and processes used in canning which reduced labor costs and improved sanitation. In this process, foods are quick frozen in the cans.

Foods and Nutrition

FOODS THAT DISAGREE WITH HEALTHY PEOPLE. The influence of the Method of Preparation on the Disturbing Effects of Cabbage and Cauliflower. Osee Hughes and Leora Campbell. (Journal of the American Dietetic Association, Vol. 15, January 1939, No. 1, pp. 24-28.) This article outlines the experimental procedure used and gives a summary of the studies already made. Tables show the signs of distress caused by incompatible foods. The article says in conclusion that 95 percent of the cases were affected by some method of preparing cabbage and cauliflower - two of the vegetables studied. The authors say, "From the limited data obtained in this experiment, it would seem that length of cooking time is definitely related to the disturbing effects of cooked cabbage and cauliflower."

Foods and Nutrition

MEDICAL JOURNAL VITAMIN SERIES. J. A. M. A. Special Articles Now Concluded. (Nutrition, Vol. 2, January 1939, No. 1, pp. 1 and 4.) In this copy is an index to the articles that have appeared during the past year on the subject of vitamins in the Journal of the American Medical Association.

Handicraft

PIECINGS IN OPEN DRAWINGS. A practical discourse on the defects caused by the faulty joining of slubbings during the creeling operation. H. D. Walder. (Textile Recorder, Vol. 56, July 6, 1938, No. 664, pp. 25 and 26, illus.) This article may have some interest to the handicraft worker who is weaving, or teaching weaving, as it tells how to piece broken threads.

Handicraft

HOME LEATHERWORK. Mary Woodman. W. Foulsham & Co., Ltd., London, 1937, pp. ix + 157, illus.) This book tells how to make dainty and useful articles from leather and describes the few inexpensive tools necessary for the beginner. It also tells something of selling handicraft in England. Chapter headings, section 1: Skins for leatherwork, Sheepskin, Velvet persian, Calf-finished persian, Lancing persian, Velvet sheep, Skiver, Persian morocco, Calfskin, Modeling hide. Section 2 tells how to make such things as cases for matches, writing, bank notes, a needle book, table runner, and purses. Some space is given to glove making.

Handicraft

PRACTICAL EMBROIDERY WITH KNITTING AND CROCHET. Monica Whitley. (C. Arthur Pearson, Ltd., London, 1936, pp. 160.) Chapter contents: Embroidery equipment; Materials; Working threads; The choice and use of transfers; Other methods of transferring designs; Foundation stitches; Applique; Broderie Anglaise; Cross-stitch embroidery; Cut work; Drawn-thread work; Initials and monograms; Inlay embroidery; Landscape and map embroidery; Needle tapestry; Outline embroidery; Punched work; Quilting; Raffia embrodiery; Ribbon embroidery; Shadow embroidery; Smocking; Wool embroidery; Finishing, pressing, and laundering embroidery; Embroideries you may meet with; Veining and fagoting; Crochet; Knitting.

Handicraft

A PRIMITIVE HANDICRAFT INDUSTRY IN A MODERN SETTING. Hoyt Lemons. (The Journal of Geography, Vol. 37, December 1938, No. 9, pp. 358-264, illus.) An article on pottery making giving the historical background of the pottery work of Indians in the foothilss of the Ozarks, describing the processes involved in manufacture and explaining how similar pottery is being made today in small plants in this same area.

Handicraft

HOOKING IN THE COLONIAL MANNER. Christine Ferry. (Better Homes and Gardens, Vol. 17, September 1938. No. 1, pp. 77, 86, and 87, illus.) Brief instructions for making a hooked rug. Three illustrations.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 357 March 15, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing — HOME ON A SHOE STRING. Jane Barton, Editor. (Pacific Rural Press, Vol. 137, January 7, 1939, No. 1, pp. 16.) This article tells how the author and her family built a home, starting with almost no funds and no previous experience. She says in conclusion, it has really been hard work but wonderful educational experience and the home will be paid for soon, which is quite different from going into debt for 10 years of 20 years.

Housing — WHEREWITH TO BUILD. Tyler Stewart Rogers. (Woman's Home Companion, October 1938, pp. 52-55 and 58, illus.) This article discusses the financing of homes to be purchased or built. A small table shows the monthly payments, equal to rent; down payment in cash or land; cash for other expenses at start; and approximate value of property in relation to the rent equivalent. It then tells how to get a Federal loan from the Federal Housing Administration.

Housing — BETTER HOUSING AS A PREVENTIVE OF RHEUMATIC FEVER. (Science--Supplement, Vol. 88, November 25, 1938, No. 2291, pp. 8.) This brief item points out the fact that dampness and chilling are important factors in rheumatism. The general use of natural gas for cooking and heating is responsible for producing artificially in the semiarid south west, a damp environment that is strongly conducive to this illness. This gas produces a great deal of moisture when burned, and the danger from it comes when it is burned in tightly constructed, poorly ventilated dwellings where it is not uncommon to see the walls, ceilings, and furniture dripping wet in cold weather.

Housing — ASA APPROVES STANDARD SPECIFICATIONS FOR GYPSUM PLASTERING AND LATHING. H. J. Schweim. (Industrial Standardization, Vol. 10, January 1939, No. 1, pp. 1-4.) The author tells how the standards for plastering and lathing were set up and tests made.

Food and Nutrition

CHLOROPHYLL FOUND INACTIVE FOR BLOOD BUILDING. (Nutrition, Vol. 2, February 1939, No. 2, pp. 1 and 3.) A report of recent research carried on at the Wisconsin Agricultural Experiment Station. The report is also made in Wisconsin Bulletin 442, under the heading "Is Chlorophyll Useful in Treating Anemia?" The comparative value of ferrous iron compounds and ferric iron salts is made. It says this observation suggests that ferrous iron is more favorable for preventing anemia but is comparable with ferric iron in curing nutritional anemia.

Food and Nutrition

GLUTEN PROVIDES THE FRAMEWORK. (Food Facts, Vol. 8, February 1939, No. 5, pp. 4.) An article explaining how gluten in bread acts and varies.

Food and Nutrition

SEAWEED AS A FOOD. Editorial. (Medical Record, Vol. 149, January 18, 1939, No. 2, pp. 38.) This short item mentions various kinds of seaweed which have been used for food, but which are not used so much today. The article says that people today are too sophisticated for simple food, and prefer to live on canned products of every kind and variety, therefore, many foods and remedies believed in by our forefathers have fallen into disrepute because they are easily to be had and therefore cheap. Primitive peoples had, and still have, an instinct for finding out healthful vegetable foods and remedies.

Food and Nutrition

CHILD NUTRITION IN CAMP AND INSTITUTION. Victoria Kloss Ball. (The Welfare Federation of Cleveland and the Cleveland Camp Council, Cleveland, 1938, pp. viii + 301.) Some of the chapter headings in this book deal with optimal nutrition for children, patterns for menus, per-capita food consumption per week, tables of ideal nutrition standards, dietary records, table of comparative weights and amounts of 100 fresh and bulk foods, recipes with the amounts for serving 50, possible kitchen-organization set-ups for camps and institutions, serving, food for counsellors and staff, order of staples for camp of 50 for 10 weeks.

Food and Nutrition

ANNUAL REPORT OF THE GENERAL MANAGER OF THE CALIFORNIA FRUIT GROWERS EXCHANGE FOR THE YEAR ENDED OCTOBER 31, 1938. Paul S. Armstrong, General Manager. (California Fruit Growers' Exchange, 707 W. 5th Street, Los Angeles, Calif. A bulletin and report, 36 pp.) A section of this bulletin is given to a discussion of the changes in American food habits, and shows by colored graphs evidence to indicate changes that have taken place between 1909 and 1933 in the consumption of such foods as wheat, meat, potatoes, corn, canned vegetables, bananas, apples, peaches, pears and other fruits.

The Child

PSYCHOLOGY OF CHILD DEVELOPMENT. Paul L. Boynton. (Educational Publishers, Inc., Philadelphia, 1938, pp. ix + 519.) The chapters headings of this book are: Introduction, Role of heredity in child development, Differences in individual development, Variations in individual development, Physical development of children, Mental development of children, Emotional development of children, Development of languages in children, Development of children's interests, Personality, Abnormal personality developments, Anti-social personality developments, Educational and vocational guidance, Health guidance, Mental hygiene.

The Child

THE MAGIC OF TOYS. Herman M. Jahr. (Hygeia, Vol. 16, December 1938, No. 12, pp. 1067-1070, 1137, and 1152.) A general article on toys which the author says must fill two main requirements. A toy must be entertaining and educational. He then describes factors of cleanliness and other requirements of toys, and tells what make satisfactory gifts.

The Child

CHILD DEVELOPMENT--A NEW APPROACH TO EDUCATION. George D. Stoddard. (School and Society, Vol. 49, January 14, 1939, No. 1255, pp. 33-38.) This article says in part, "By the age of 2 or 3, the child can show real skill in such complex arts as roller skating, swimming, dancing, and acrobatics. The only reason that most children do not perfect these abilities is that parents and teachers fail to encourage such activity. Perhaps they are not so good at it themselves."

The Child

FAMILY INFLUENCES ON CHILDREN'S PERSONALITY DEVELOPMENT. Jean Welker MacFarlane. (Childhood Education, Vol. 15, October 1938, No. 2, pp. 55-59.) This brief paper attempts to present a plea for tolerance and appreciation of individual variation in both children and parents. It urges that folks think of a child's behavior as the inevitable result of his equipment and circumstances, that is, what he has had and now has to adjust with and what he has had and now has to adjust to.

The Child

MY SON, AT 15 MONTHS, USES 150 WORDS. Bertrand Russell. (The Household Magazine, Vol. 39, February 1939, No. 2, pp. 8.) This English educator and philosopher tells how he has taught his baby to use 150 different words at the age of 15 months. He believes in the middle way between the traditional idea of coddling and petting children and the newer, more severe methods of having the child spend most of its time in silence and solitude out-of-doors or in a large, cool room without being taken up except for mealtime.

Handicraft

ART AND THE GOOD LIFE. Ernst Harms. (Journal of Adult Education, Vol. 11, January 1939, No. 1, pp. 32-35.) This article says in part: "There are, of course, two aspects of art education for adults--the creative and the contemplative. Both need to be developed in new ways. The first thing that should be eliminated from adult art creation is the foolish and impractical desire of every art student to produce a masterpiece that will compare favorably with the works of geniuses. Instead, there should be the pure and simple impulse to create for the deep and satisfying experience of creating. There is a great deal of unused elementary energy in everybody, and it can express itself not only in handicraft and music, but also in sketching, drawing, and painting....And what about the quality of applied art, as it is seen in the things that we purchase daily? Occasionally, one is astonished to find a well-shaped and beautiful object selling for 10 cents. But, on the whole, we live in the midst of monstrosities that sell for outrageous prices and painfully ugly objects created in the name of decoration....But I should be only too glad to ally myself with responsible teachers of art in active warfare against the worthless trash that is sold to our people to be used as furnishings for their homes. What we must have is a system of art education that will engender in all of us true feeling for the elemental qualities of art and of the good life, aesthetic sensibilities that will make it impossible for us ever to buy worthless and unbeautiful things. Only so can we be safeguarded against ugliness, and ensured of the saving grace of beauty in our lives. This, and nothing less than this, should be the definitive aim of adult education in the field of art."

Handicrafts

IMPONDERABLES AND MONEY RETURNS FROM HANDICRAFTS. Eve Chappell. (Journal of Adult Education, Vol. 11, January 1939, No. 1, pp. 36-39.) This article discusses the revived interest in handicrafts and says it is now more widespread in our country than it was in olden times. It says "Of course this revival of interest is not spontaneous. It has been roused, and fostered. Folk schools and settlement houses; Agricultural Extension, Works Progress Administration, and other government agencies; educators in many places and physicians, too--all these and others have borne a hand." It then describes the handicraft work being carried on through the efforts of the Leage of New Hampshire Arts and Crafts, the Smith-Hughes Vocational Schools, aided by Federal funds, the Boston Society of Arts and Crafts, The Providence Handicraft Club, and other organizations.

Handicrafts

DEFECTS IN FABRICS. "G. W. R." (The Wool Record and Textile World, Vol. 54, December 29, 1938, No. 1546, pp. 1479-1485.) This article points out defects which are produced in weaving and explains the causes of them. This information applies to hand weaving as well as to machine weaving.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 358 March 22, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Education TEACHING AID FOR TEACHERS. Mary Dabney Davis. (School Life, Vol. 21, February 1939, No. 5, pp. 144-147.) The author lists teaching aids available from Government agencies, such as periodicals, lists of publications, bulletins, leaflets, memoranda, motion pictures, slides, film strips, posters, pictures, charts, maps, and other material. In a similar way she lists teaching aids available from professional and noncommercial organizations and adds to the list books and special leaflets.

Education HANDBOOK OF BROADCASTING. How to Broadcast Effectively. Waldo Abbot. (McGraw-Hill Cook Co., Inc., New York and London, 1937, pp. xi 424.) Besides explaining how broadcasting stations are operated, electrical transmissions made, and giving other information, there is a chapter on radio speaking which takes up basic problems, style of delivery, breathing, position before the microphone, pitch and volume, speed of delivery, and the manuscript. Chapter 6 speaks of specialized radio speech programs, among which are the round table and radio interviews. In chapter 15 the book takes up radio in the public service and discusses on pages 217 and 218 the work of the Department of Agriculture in broadcasting programs for farmers.

Education SOME COMPLICATIONS IN NUTRITION RESEARCH. Anton J. Carlson. (Journal of the American Dietetic Association, Vol. 15, January 1939, No. 1 pp. 1-5.) This article speaks of some of the more baffling problems in nutrition research which are being conducted at the present time under the guidance of the committee appointed by the National Academy of Science and the Department of Agriculture. One of the topics discussed is that of mottled teeth. Cabbage and cauliflower seem to be the most frequent offenders in digestion. The length of cooking time seems to be definitely related to the disturbing effects of these vegetables when cooked.

Personal

A DOCTOR LOOKS AT COLOR. Thomas G. Atkinson (Printing Art, Vol. 67, No. 4, Thirty-fifth Anniversary Number, 1903-1938, pp. 40-44.) The theory of this doctor is that color is more of a psychological factor than one of biology, physiology, or physics. He says that the pure colors are satisfying, while the mixed colors are somewhat confusing. That is why everybody seems to like the pure colors, but only those who have been educated to do so like mixed colors best. Some mixtures excite curiosity, and for this reason are interesting.

Personal

YOU AND HEREDITY. Amram Scheinfeld. (Frederick A. Stokes Co., New York 1938, pp. sv 99 434, illus.) The author says, "This book is written from the outside looking in--from the viewpoint of the layman peering into the laboratories of the scientists and reporting back to others what he has seen, heard, and learned." He then gives credit to many of the outstanding scientists in the field of genetics as assisting him with his material. In the chapter on "What we 'don't' inherit" he says, "In fact, so interrelated and so dependent on each other are the forces of environment and heredity in making us what we are that they cannot be considered apart, and at every stage in this book will be discussed together. Thus where heredity may fall down, environment may be there to carry on. And if you ask, 'Can I pass on to my child any of the accomplishments or improvements I have made in myself?' the answer may be, 'Yes! You can pass on a great deal--not by heredity, but by training and environment!'"

Personal

THERE'S NO PLACE LIKE HOME. James Lee Ellenwood. (Charles Scribner's Sons, New York, 1938, pp. xii 234, illus.) The author in this book gives a picture of home as he sees it. The chapter headings are: Home, Home issues, What is a home for? Under what conditions is character developed? Fathers have a past, Mothers are people too, Meet your children, What must we do with grandma? What can be done about the neighbors? How good is your parental advice? Are you a dictator? Rules and Reasons, The vocational struggle, Boys and girls, Religion in the home, Not the end, Further reading. He says that home is the laboratory where most experiments in living are tried. Other agencies lecture and teach us about good living, but here we are up against life itself. "A home is physically a place to live in, socially a place to have fun in, and intellectually and morally a place to improve in. Otherwise, it might as well move off the street. It exists for no other reason than to afford its members a normal experience of pleasurable and useful living."

Health

HEALTHFUL LIVING. Whittlesey House Health Series. Morris Fishbein. (Whittlesey House, New York, 1935, pp. ix 354.) Contents are: Possibilities of longer life and better health; Major health problems; Mental health; Normal sex life; Stimulants; Exercise--fatigue--rest; Sunlight and fresh air; Why we must eat--and drink; The choice of foods; Weight and its control; Digestive disturbances; Dietary dangers; Specific disease prevention; The common cold, care of the nose, throat, and ears; The conservation of vision; Sound teeth, Glands and their internal secretions; Health problems of advancing years; Choosing a health adviser. Chapter nine discusses the choice of foods; basic food requirements; whether excessive amounts of protein or meat are harmful; milk--the perfect food; cereal grains--inexpensive foods; fruits and vegetables--essential foods; eggs and meat--expensive but necessary; fats--a rich source of energy; sugar--easily available energy; the digestibility of foods; energy requirements. This author differs somewhat in his ideas regarding foods from some of the things commonly taught.

Health

KEEP YOUR TEETH CLEAN! Reprinted from "Build and Protect Your Teeth," Bulletin 434, from the University of Georgia College of Agriculture. (Consumers' Digest, Vol. 5, February 1939, No. 2, pp. 46-48.) This article tells how to select a toothbrush. It says, "1. Select a toothbrush that fits your mouth. A small, medium-hard brush with well-spaced tufts of bristles of even length is desirable. Give toothbrush proper care. The mouth cannot be kept clean with an unclean toothbrush. 2. Before a new brush is used, soak it for 2 hours in salt-water solution (2 teaspoonful of table salt to 2 glassful of cold water). 3. Use clean, cold water to wash the brush before and after you use it. 4. After cleaning, shake the brush, and put it in a clean light place (sunlight if possible) bristle end up. 5. About once a week cover the wet bristles with salt and leave the brush to dry. 6. It is desirable to have two brushes so that each can dry for 24 hours before using."

Health

BURNS. Eugene F. Traub. (Hygeia, Vol. 16, December 1938, No. 12, pp. 1064-1066 and 1152.) This article discusses burns which, the author says, stand fourth in numerical importance among the causes of accidental death, and which he believes are underestimated as a cause of fatalities. He says that the results of burns vary according to a number of factors, the more important being the nature of the exciting agent, such as fluids, solid metals, greases and oils, and explosions. The degree of temperature of the agent, the duration of contact with the agent, and the susceptibility of the part of the body affected. Scalds are the most serious. Electrical burns are the slowest to heal. Children withstand burns poorly. Many of the burns occur in the home, and youngsters are probably most frequently burned or scalded by the spilling of hot fluids. It then goes on at considerable length in telling of the various kinds of burns and their effect, listing among these sunburn, so frequently experienced during the summer.

Equipment

FIRST AID FOR VENEER. Charles S. Taylor. (Homes and Gardens, No. 2, July 1938, Vol. 20, pp. 62.) An article which tells how to repair veneered furniture in which a blister has formed and also out of which a piece has broken. It says in part: "Using a sharp penknife, he would first cut a slit the way of the grain to let out the air. Then he would run some very hot thin glue into the blister and press down with the warmed head of a hammer, working the surplus glue out through the slit, afterward wiping the surface and pressing it with a pad or a rag wrung out of hot water. A piece of paper would then be laid over the blister, also a warmed flat piece of wood, and, finally, a weight would be added to keep the veneer flat down till the glue had set."

Equipment

CAPITONNE, OR BUTTONING. A Practical Description of This Modern Fashion in Upholstery. Olive Hacking. (Homes and Gardens, No. 2, July 1938, Vol. 20, pp. 67 and 68, illus.) This short article gives detailed instructions for the type of upholstery in which buttons are used to hold the padding in place.

Equipment

FURNITURE FINISHING DECORATION AND PATCHING. Albert B. Pattou and Clarence L. Vaughn. (Frederick J. Drake & Co., Chicago, 1938, pp. 551, illus.) The five parts of this book are: Period furniture and modern styles, Furniture finishing, Furniture decoration, Furniture patching, Special finishes--lames, mirrors, pianos, and radio cabinets. A new and complete work on furniture of all kinds, with full practical instructions on finishing, patching, and decoration--materials, tools, and processes. Specific directions for finishing household furniture with varnishes, stains, veneer, and the like are given, also directions for putting on wall finishes.

Equipment

HOUSEHOLD PHYSICS. A textbook for college students in home economics. Madalyn Avery. (The MacMillan Co., New York, 1938, pp. xv 439, 377 illustrations and diagrams.) An advanced textbook, the chapter headings of which are: Household weights and measures, Fundamentals of mechanics, Simple household machines, Sewing machines, Mechanics of liquids and gases, Household water supply and sewage disposal, Heat and temperature, Household thermometers, Expansion, Quantity of heat, Change of state, Fuels, Heat transfer, Refrigeration, Air conditioning the home, The weather, Sources and uses of electricity, Magnets and their properties, Electric generators, Household motors, Electrical heating devices for the home, Chemical effects of a current, House wiring or parallel wiring, Series wiring, Transformers, Electric meters, Other sources of electricity, Individual farm electric plants, The production and transmission of sound, Musical sounds, Musical instruments, Acoustical devices, The nature of light, Home illumination, Lenses, prisms, and gratings, Color.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington, D. C.

No. 359. March 29, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Management — FAMILY WASHING--THE OLD WAY AND THE NEW. Ida A. Fenton. (Agricultural Leaders' Digest, Vol. 20, No. 1, pp. 34 and 35, January 1939. This article is illustrated with cuts showing both ways of washing. The author says: "A research study shows that when a woman does work that can be done by a machine she works for 3 cents an hour. The market affords washing machines of various types which are operated by either electricity or a gasoline motor."

Management — MONEY WITHOUT MEN. Ruth MacKay. pp. xiii 239. New York Farrar & Rinehart, Inc., 1938. The contents of this book are: You're in the money, The root of all evil, That cinderella complex, Are you a resister, sister?, Heaven will not protect the working girl, With all my worldly goods, Dancers insure their legs, Being of sound mind, A roof over your head, Time and talent for sale. The author says the point of this book is that she has written it so that she can understand it herself. Her hope is that in making it readable it will be helpful to other women in handling their financial affairs. She says among other things that, "We've (meaning women) economized, if need be; we've earned money, if need be, but have we brought to the problem as a whole any degree of discernment comparable to the unbelievable sums of money that are yearly, daily, hourly placed in women's hands?" She explains different kinds of checks and how to use them; insurance of different kinds, making a will, purchasing a home, and the like.

Management — THE HOME ECONOMIST IN CONSUMER SERVICE. Chase Going Woodhouse. (Practical Home Economics, V. 16, No. 10, pp.389, 416, and 418, October 1938. The author tells what opportunities for work are open in consumer service in the fields of food, household equipment, textiles and so forth.

Management — THE MISINFORMED CONSUMER AND WHAT SHE HEARS. Anna Steese Richardson. (Practical Home Economics, V.16, No.10, pp. 386, 410 and 411, October 1938. The author discusses some of the misinformation that is being preached from platforms, through propaganda agencies, and by some self-appointed guardians of public welfar

Social

TOWARD AN UNDERSTANDING OF LEISURE. What preparations are you making for the leisure which will be yours on retirement? Dr. Eliot D. Hutchinson. (Recreation, V. 32, No. 11, pp. 595-599 and 629-631, February 1939.) The author says that for active people managing leisure is a serious responsibility. Those who have retired lose grip and self-confidence, become introspective, frightened of social contacts which they once made easily, if they have not schooled themselves in some avocation before retirement age. It is important to plan for leisure time well in advance. If this is not done, the effects of enforced leisure upon personality are usually these: Increased instability (seen even in children), lowered morale, increased indulgence in escape mechanisms--movies, alcohol, sex, and other outlets-- and disorganization of personal and social habits. Leisure, in the sense of being merely undirected time, is not only unsatisfying, it is often psychologically disastrous. He also says, "Activities that are to be the chief interest after retirement must have been in progress before it. The age of 65 is a difficult time to start really new interests, but an excellent time to mature older ones. . .Had he tasted avocational interests years ago--gardening, hobbies, intellectual pursuits, creating something--he could not now wait to seize the opportunity to carry these reserve interests into action. . .The time to begin an avocational interest is the present."

Social

CONTEMPORARY SOCIAL PROBLEMS. Harold A. Phelps. ((Prentice-Hall, Inc., New York, 1938, rev. ed., pp. xiii 820.) The author says, "The main purpose of this book is to show that social problems must be redefined before they can be stated as problems to be solved. Hence, more attention is given to an analysis of different problems into their several component factors than to current methods that are recommended for their treatment." The parts of the book are: The economic sources of social disorganization, The physical and mental sources of social disorganization, Specific cultural sources of social disorganization, and An approach to social planning. In the chapter on "Standards of Living" the author says it is useless to exaggerate the prior importance of either the economic or social status of people either through an overemphasis upon economic factors such as income and cost of living or upon social aspects of needs or habits of consumption. This chapter discusses real living wages, wealth and income of the United States, distribution of wealth, study of family budgets, types of budgets, expenditures.

Food and Nutrition

FOOD FOR THE FAMILY. Jennie S. Wilmot and Margaret Q. Ratjer. (pp. x 619, illus., New York, J. B. Lippincott Co., 1938.) A college textbook divided into sections on health and nutrition, food selection and preparation, and the family's meals. Besides discussing the foods and meal planning, several chapters are given to table appointments, decoration, and service.

Food and Nutrition

NUTRITION AND THE HEALTH OF THE SCHOOL CHILD. Mary S. Rose. (Journal of the American Dietetic Association, v. 15, no. 2, pp. 63-85, February 1939.) This article reports various studies made in the nutrition health of the school child in various institutions and discusses the requirements for calcium, iron, and the like, as shown by such studies. In conclusion, the author specifies what should constitute education in nutrition and closes with a covenant of faith for all dietitians dealing with children. This is a covenant of faith for all school dietitians: 1. I believe in the optimum diet for every child. 2. In establishing and maintaining reserves of vitamin A. 3. In a regular optimal daily supply of calcium. 4. In a diet rich in iron. 5. In the protective value of a diet rich in vitamin C. 6. In a liberal supply of vitamin B_1 every day, planned and not left to chance. 7. In the education of the community to the school lunch. 8. In the education of teachers to cooperate in the school nutrition program and to uphold the cafeteria manager in her effort to furnish a lunch of high protective value.

Food and Nutrition

NUTRITIONAL STANDARDS FOR THE SCHOOL LUNCH. Estelle E. Hawley. (Journal of the American Dietetic Association, v. 15, no. 2, pp. 96-100, February 1939.) The author says in part: "If we summarize the daily requirements for the child of school age, we may say: Protein, 1 gm. per pound of body weight; calcium, 1 gm.; phosphorus, 1.5 gm.; and iron, 16 mg. These are the familiar Sherman standards. In addition, we now tentatively calculate the vitamin requirements. Since the majority of the children eating in the school lunchroom are of late grammar-or high-school age, the value for adults would probably be most satisfactory.

Vitamin A, 7000 I.U.)
Vitamin D, 700 I.U.) 10:1 ratio. The vitamin B complex is now broken down, and we consider the members of the B group separately. Vitamin B_1, 300 I. U. or 1 mg. of thiamin; Vitamin B_2, 400 Sherman-Bourquin units or 2 mg. riboflavin; Vitamin C, 1200 I. U., 600 Sherman units, or 60 mg. ascorbic acid. Vitamin E need not be considered--nor need the other individual vitamin factors be separately considered. The values for nicotinic acid content of foods are just being accumulated. With adequate milk and liver, we can assume there is no deficiency of that factor of the B complex."

Clothing and Textiles

NEW HAT BLOCK PRODUCED. (Women's Wear Daily, v. 58, no. 22, pp. 18, February 1, 1939.) A brief item which describes a newly invented hat block which is adjustable to many sizes and shapes for women's hats.

Clothing and Textiles

GETTING RID OF SPOTS AND STAINS. Grace Watkins Huckett. (American Agriculturist, v. 136, no. 3, pp. (86)26-(87)27 February 4, 1939.) This article begins by saying: "Know your stain if possible, know your material, remove stains while fresh, and have a kit of stain-removing materials." It then proceeds to tell how to remove grease spots, cream, coffee, tea, fruit, chocolate, lipstick, blood, chewing gum, grease or tar, paint, varnish, shellac, and other stains.

Clothing and Textiles

MEN'S SHIRTS. (Consumers' Research Bulletin, v. 5, n.s., no. 5, pp. 15-16. January 1939.) This article points out the new trade practice rules of the Federal Trade Commission on the shrinkage of woven cotton fabrics and garments. It then tells how the standard minimum measurements for men's shirts are taken and illustrates it with a diagram. It tells what an informative shirt label might have printed on it. This includes the size, the sleeve length, type of fabric, shrinkage, buttons, stitching, colorfastness, and workmanship. There is a table of "Standard Minimum Meadurements for Men's Shirts."

Clothing and Textiles

MUSLIN SHEETS AND PILLOWCASES. Ten Brands Tested. (Consumers' Reasearch Bull. v. 5 n.s. no. 5, pp. 7-9, January 1939.) This article reviews in part the work done by the Bureau of Home Economics on the subject of wearing qualities of sheets and pillowcases. It says "There is no excuse for any significant amount of sizing in the sheets; a fraction of 1 percent is desirable, and one reliable authority states it should run 4 percent." Points determined in the consumers' research test were: The actual torn length of each sheet and the width, the weight per square yard, depth of the hems, thread counts in warp and filling directions, percentage of sizing, tensile strength before and after washing five times, and percentage of shrinkage. In rating the sheets, particular weight was given to the amount of sizing, percentage of shrinkage and tensile strength after washing. Sheets were heavy-weight muslin, 72 x 108 inches, torn size, except where otherwise noted; thread counts met the suggested minimum requirements in all brands. Sizing above 4 percent is rated as excessive.

Beale

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service
Washington, D. C.

No. 360 April 5, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Handicraft THE WHY AND WHEREFORE OF FABRIC DESIGNING. T. O. Ott, Jr. (Cotton, Serving the Textile Industries, vol. 103, no. 1, pp. 62-65, illus. January 1939.) This article tells how variation in weave may be used in designing fabrics. The subject matter given is of interest to those doing hand weaving as well as those working in large-scale production of textiles.

Handicraft TEXTILE FABRICS FROM THE BURIAL MOUNDS OF THE GREAT EARTHWORK BUILDERS OF OHIO. Charles C. Willoughby. (The Ohio State Archaeological and Historical Quarterly, vol. 47, no. 4, pp. 273-287, illus. October 1938.) Illustrations show the types of weaving. A brief description of various types of primitive weaving shown in cloth from burial mounds in Ohio is given. There seems to be no evidence of the employment of the loom in producing any of these fabrics, other than a crude framework consisting of two stakes and a cross bar or similar contrivance. The work seems to have been done principally with the fingers, perhaps in some instances aided by a twig or needle. Five distinct types of such weaving are described.

Handicraft AMERICAN NEEDLEWORK. The History of Decorative Stitchery and Embroidery from the Late 16th to the 20th Century. Georgiana Brown Harbeson. (New York, Coward-McCann, Inc., pp. xxxviii 232. 1938) This book, in five parts, deals with needlework of the early American Indian, of the first colonists, those of the eighteenth century, then of the nineteenth century, and lastly of contemporary work. In regard to the future the author says: "At the close of the twentieth century it may transpire that the art of embroidery and the art of painting will parallel the story of the hare and the tortoise; while painting goes through its convolutions of impressionism, futurism, realism, surrealism, abstractionism, and the other 'isms,' needlepainting is quietly stitching its way toward greater things and may win its leadership eventually in the field of fine arts, a place which it once held in the earliest stages of the world's history."

Food and Nutrition

OLLA PODRIDA. Piquant Spanish Dishes from the Old Clay Pot. Elinor Burt. (The Caxton Printers, Ltd., Caldwell, Idaho, pp. 277, 1938.) A cookbook containing receipes for Spanish, Mexican, Latin American, and Creole dishes.

Food and Nutrition

HOW SHORTENING AFFECTS THE SPECIFIC GRAVITY AND OTHER CHARACTERISTICS OF WHITE CAKE. Charles A. Glabau. (Bakers' Weekly, vol. 100, no. 11, pp. 47, 48, and 73, illus., December 10, 1938.) One of a series of articles reporting studies of how shortening affects the various characteristics of cakes. This particular one reports work on white cake. Photographs show the comparative effect of varying the amount of shortening. The highest-scoring cake of this particular type was the one in which the quantity of shortening was half the quantity of sugar.

Food and Nutrition

HOW SHORTENING AFFECTS THE SPECIFIC GRAVITY AND OTHER CHARACTERISTICS OF CHOCOLATE CAKE. Charles A. Glabau. (Bakers' Weekly, vol. 100, no. 13, illus., December 24, 1938.) One of a series of articles on the effect of shortening on cake. This particular article deals with chocolate cake. The experiments in this series indicate that shortening functions in chocolate cake very much as it does in yellow cake. Increasing the quantity of shortening above that normally used in cake of this kind improves many characteristics. When the greater quantity of shortening was used,, the cell structure was more uniform than when a limited amount of shortening was employed. A greater amount of shortening not only gives an increased value from the standpoint of weight but also from the standpoint of volume.

Food and Nutrition

THE EGG-REPLACEMENT VALUE OF THE PROTEINS OF CEREAL BREAKFAST FOODS, WITH A CONSIDERATION OF HEAT INJURY. John R. Murlin, Edmund S. Nasset and M. Elizabeth Marsh. (The Journal of Nutrition, vol. 16, no. 3, pp. 249-269, September 10, 1938.) A study of the value of breakfast cereals in relation to egg was made at the University of Rochester and reported here. The results showed that whole-grain oats had the highest replacement and biological values. Wheat endosperm came next, followed by granulated whole wheat supplemented with wheat germs. Flaked and inflated wheats ranked low in both scales. This was accounted for by the high heating to which they were subjected in the process of manufacture. Their digestibility was not diminished.

Social — INCREASE IN AMERICA'S AGED. (Science Digest, vol. 5, no. 2, pp. 26, February 1939.) A brief item which says that the increase in number of people in the United States over 65 years of age during the last 35 years since 1900 was 140 percent. He predicts that by 1980 the increase will be 240 percent.

Social — METHODS IN GROUP WORK. Learnings From Case Work Experience. (The Woman's Press, New York, pp. 122, 1938.) The contents of this book are: Group-work philosophy, Techniques--service and treatment, Leadership attitudes. It is based on case-work experience.

Social — CREATIVE USES OF LEISURE. Report on the "Learning by Doing" Sessions at the Youth Section, A.C.L.A. Conference, Lexington. (Rural America, vol. 17, no. 1, pp. 7 and 8, January 1939.) This is a report of "Learning by Doing" given at the Sessions of the Youth Section of the American Country-Life Association last year. It tells how printing was done from carved soap and includes reports on leathercraft, making of game equipment, card weaving, and other crafts.

Social — MORE ABOUT HOBBIES. T. D. A. Cockerell. (School and Society, vol. 48, no. 1250, pp. 753-755, December 10, 1938.) The author of this article defines a hobby as an occupation or interest which enlists both the intellect and emotions, and is progressive in its nature; while at the same time it is not the means of livelihood. He strongly advocates the adoption of a hobby which is likely to add to the knowledge, create beauty, or in some way render social service. He says such a hobby brings its reward in the good-fellowship with others similarly engaged and the consciousness of having made some contribution to the common good. He then lists a considerable number of acceptable hobbies which various people have taken up and through them made contributions to society. He says that through a hobby is found a way out from the misery in which the world seems to be plunged at times. Hobbies, he says, create friendships instead of destroying them and become part of the great international republic of science or art, which brings the peoples of the world together in a common effort to increase the knowledge and develop skill, to the advantage of all concerned.

Housing

SUMMER COOLING IN THE WARM-AIR HEATING RESEARCH RESIDENCE WITH COLD WATER. Alonzo P. Kratz, Seichi Konzo, M. K. Fahnestock, and E. L. Broderick. (University of Illinois Engineering Experiment Station Bulletin No. 305, vol. 35, no. 101, August 16, 1938.) Report of an investigation conducted by The Engineering Experiment Station, University of Illinois, in cooperation with The American Society of Heating and Ventilating Engineers and The National Warm-Air Heating and Air Conditioning Association. This is a final report of the study of summer cooling and warm-air heating research in a residence being made at the University of Illinois since 1932.

Housing

TEN THOUSAND HOUSES. Tyler Stewart Rogers. (Woman's Home Companion, pp. 7 and 8, September 1938.) This article contains a report of a house-planning contest held by the Woman's Home Companion this past year. A summary shows that the family's needs change with the passing of years. Newly married couples and elderly folks whose children have grown and left home have different ideas from those of the family with adolescent offspring. The first two want small compact homes that are easy to manage and burden neither the pocketbook nor the housewife. Those in the middle period of family development reveal the need and desire for larger homes. An extra room on the ground floor, isolated from the regular living rooms was a quite universal demand. A powder room or guest lavatory on the first floor was also wanted for many homes. Separation of the entrance area from the living spaces, a garage that will be part of the house, two bathrooms, plenty of closet space, a hobby and recreation room, an automatic heating system, and plenty of electrical outlets were also wanted. The dining room was one of the controversial features. Some of the families wanted this room above all else, while others wanted the space so planned as to use it sometimes for dining space and sometimes for a living room. Some form of air conditioning was also wanted by quite a number of contestants.

Housing

AMERICAN HARDWOOD FLOORING AND ITS USES. W. LeRoy Neubrech. (U. S. Department of Commerce and U. S. Government Printing Office, Washington, D. C., pp. 35, illus. 1938, price 10 cents.) This bulletin discusses hardwood floors for every purpose, the principal American hardwoods for flooring, types of flooring, grades and sizes, methods of laying floors, methods of estimating quantity of strip flooring needed, precautions in handling hardwood flooring, and finishes for hardwood floors. Directions are given for finishing.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 361 April 12, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Health PRESENT STATUS OF DENTAL CARIES IN RELATION TO NUTRITION. Nina Simmonds. (American Journal of Public Health and The Nation's Health, v. 28, no. 12, pp. 1381-1387, December 1938.) The controversial subject of the role of nutrition in the cause and prevention of dental caries is discussed. The author says that long experience in studying dietary problems makes her question whether entire freedom from dental caries would be sufficient to induce the average person to refrain entirely from eating sweets, that in education in this field it is perhaps better policy to urge moderation rather than abstinence from sweets and admits that some tooth decay will probably result in most instances even though the person has the best possible personal and professional mouth hygiene care. The cause of dental caries is exceedingly complex, but data appear to force the recognition of the relation of sweet foods to this disease. As it has done in the cases of beriberi, scurvy, pellagra, and others, continued research on dental caries will unquestionably bring about as satisfactory an understanding of the many factors in this disease.

Health THE EFFECTS OF HIGH HUMIDITY ON SKIN TEMPERATURE AT COOL AND WARM CONDITIONS. H. Freeman and B. A. Lengyel. (The Journal of Nutrition, v. 17, no. 1, pp. 43-52, January 10, 1939.) The author says that in view of the inconsistency in results of previous researches, this subject of the effects of high humidity was investigated in normal individuals as a part of a physiologic study of thermal reactions from the standpoint of their autonomic reactivity. He says further, "At 24° C., it was found that the cooling of the skin ordinarily observed at 20 percent relative humidity was partially inhibited by high humidity so that its temperature rose. At 32° C. the heating of the skin found at 20 percent relative humidity was increased by high humidity. The rise in temperature over the trunk was slight but on the extremities there was an increase of 2° to 3° C. as the result of increasing the relative humidity to 90 percent. The increase in skin temperature as the result of high humidity at 32° C. was no greater, in fact slightly less, than at 24° C."

Personal

HOW TO SELL COSMETICS. Edyth Thornton McLeod. (New York, The Drug and Cosmetic Industry, 1937, pp. vi 104.) This book tells not only how to sell cosmetics, but how and when to use different types of preparations.

Personal

DEMOCRACY AND RESPECT FOR PERSONALITY. William H. Kilpatrick. (Progressive Education, v. 16, no. 2, pp. 83-90, February 1939.) The author says in part, "How many school systems are run on the 'line and staff' theory, in which certain ones as 'staff' think out both policies and procedures for handing down the 'line' ultimately to the teachers? Under such managing, thought and act are separated much as in slavery. And the result is that the teachers fail of that best of all education-in-service which goes along with responsible thinking and acting. Moreover, such a regime of factory management for teachers leads almost inevitably to a like management of the pupils. When pupils live through 12 years of doing primarily as they are told--such is the aim--they get used to separating act from thought. We need not wonder that so many citizens are indifferent to the public welfare. They have been taught not to think as to what should go on, and not to join acting with thinking. The situation is undemocratic--even more, it is immoral and tragic. We cannot expect children to learn democracy unless they live democracy." He closes by saying, "We begin by respecting each person, respecting him, however, not simply as he is but even more with respect to what he may become. We respect him as he is by letting him start now, with his present shortcoming, yes, but also with his present promises. But we demand of him as we demand of ourselves that he accept to act on only those ideas that will bear criticism."

Personal

PSYCHOLOGY OF CHILD BEHAVIOR. Arne S. Jensen. (Pages xvi + 664. New York, Prentice-Hall, Inc. 1938.) A comprehensive textbook, the introduction of which says "Controversial aspects of psychology have been avoided, and the approach throughout has been rather eclectic. No school of psychology has been followed; no material has been left out because it came from a particular school." Chapter headings: The scope of child psychology; Child study in retrospect; Purposes and processes in child psychology; Physical, motor, and mental growth; Heredity and hereditary traits; Native equipment for responses; The learned responses; Individual differences; The expressive arts; The play interest in child life; The intellectual element in child life; The emotional element in child life; Behavior problems; Social or group life of children; Mental hygiene for children; Personality development; Behavior hygiene; Possibilities and problems in child psychology; Conclusions.

Clothing and Textiles

DYEING OF WOOL AND STAPLE FIBRE MIXTURES. From a Correspondent. (The Wool Record and Textile World, v. 54, no. 1546, pp. 1476-1478, December 29, 1938.)

In this article tests are given for identifying staple casein fibers from wool. It says, for example, the fiber can be recognized by appearance under the microscope coupled with the reaction with hot sulphuric acid. A blue color is produced when hot sulphuric acid liberates formaldehyde which is distilled over into a solution of carbazole. Caustic soda dissolves the wool, leaving the casein fiber as a residue.

Clothing and Textiles

BETTER BUYMANSHIP. No. 24-Hosiery. Burr Blackburn, Bernice Dodge, and Leone Ann Heuer, editors. (30 pp., illus. Chicago, Household Finance Corporation. 1938.)

The authors advise reading hosiery labels for facts, tells how stockings are made, explains how to determine the correct style, how runs can be avoided, and discusses the comparative values of cotton, rayon, and wool hosiery.

Clothing and Textiles

BETTER BUYMANSHIP. No. 4--Shoes. Burr Blackburn, Bernice Dodge, and Leone Ann Heuer, editors. (22 pp., illus. Chicago, Household Finance Corporation, 1938.)

A revision of a former publication. It tells how the shoe and foot are shaped, answers such questions as "Will the shoe keep its shape?" "Does the shoe fit properly?" "What is the quality and type of leather used?" "How is the shoe made?" and the care of shoes. Diagrams help in explaining the text.

Clothing and Textiles

SAVE BY RELINING LAST WINTER'S COAT. (The American Consumer, v. 7, no. 1, pp. 16, January 1939.) A series of instructions for lining a coat. The author says the only standard equipment needed is the old lining and plenty of pins. The old lining is used to make the pattern. She cautions the workman against skimping in the length of the lining.

Clothing and Textiles

A CHART "Two Ten-Dollar Budgets." (Monthly News Service, New York, J. & P. Coats Educational Bureau of The Spool Cotton Co., May 1938.) This chart with pictures of garments shows two budgets supposed to cost $10, one is for articles made by a girl, and the other, for articles that she bought ready-made. In the first budget she is able to have two slips and three dresses; in the second, she has but one slip and one dress besides other essential articles.

Equipment HEATING EFFICIENCY OF COLORED RADIATORS. (Science Digest, v. 5, no. 2, pp. 72, February 1939.) A brief item which says that regardless of color of radiators, the coal bill will be the same provided the amount of coal previously used has always given sufficient heat. The fact that a black radiator radiates more heat than a red one makes no difference in the fuel bills. If a radiator is painted so that it emits heat more rapidly it will cool off that much more rapidly unless additional heat is continually supplied.

Equipment AIR CONDITIONING. A Practical, Modern, and Fundamental Treatise on the Subject of Air Conditioning, Air Distribution, Refrigeration, Comfort Cooling, Humidification, and Air Purification. Charles A. Fuller and David Snow. (Pages ix 577, illus. New York, The Norman W. Henley Publishing Co., 1938.) A highly technical book containing tables for grilles, ducts, and other parts of air-conditioning equipment. The definition accepted for air conditioning as a standard by the American Society of Heating and Ventilating Engineers is, "The simultaneous control of all, or at least the first three of those factors affecting both the physical and chemical conditions of the atmosphere within any structure. These factors include temperature, humidity, motion, distribution, dust, bacteria, odors, toxic gases, and ionization, most of which affect in greater or lesser degree, human health or comfort." This is sometimes expressed more briefly as "simultaneous control of temperature, humidity, motion, and purity of air. . . ."True air conditioning applies not only to summer cooling but also to winter heating, and is a combination of both.

Equipment APPLIANCE SPECIFICATIONS AND DIRECTORY, Including Refrigerators. (130 pp. New York, McGraw-Hill, 330 West 42d Street. 1938.) In this volume are given specifications for household and other electrical equipment: Vacuum cleaners (hand type) - trade name, model, weight in pounds, make of motor, brush, attachments, price f. o. b. factory, and price with attachments f. o. b. factory. Flat irons - trade name, model, weight in pounds, finish, wattage, automatic, make of resistor material in heating units, price f. o. b. factory. Food mixers - trade name, model, capacity in quarts, weight in pounds, design, finish, make of motor, size of motor (hp.), number of speeds, mixes, extracts juice, shreds, grates, polishes, grinds, price f. o. b. factory, price with attachments, f. o. b. factory. Refrigerators - trade name, model, outside dimensions in inches, shelf area in square feet, number of trays, number of cubes, weight in pounds, design, interior dimensions in inches, cube foot capacity, polish, outside, finish - inside, size of motor (hp.), make of motor, refrigerant, compressor type, I. M. E. pounds, price f. o. b. factory. A helpful supplement to other information used in the selection of equipment.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter,
Washington, D. C.

No. 362 April 19, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management COUNTING VITAMINS AND COUNTING COSTS. Walter H. Eddy. (Good Housekeeping, Vol. 108, no. 2, pp. 150, 194, and 195, February 1939.) In this article the author is attempting to help families in planning low-cost diets with sufficient vitamin content. A table showing what you may expect to get in vitamin and mineral values from servings of food listed is included (about 40).

Management CAPITALIZING SHOE COMFORT. (Women's Wear Daily, Vol. 58, No. 43, pp. 6, March 3, 1939.) This article tells salesmen how to conduct a campaign for disposing of shoes, based as much on comfort as on the charm of the shoe. It advocates that they play up factors such as: There can be charm with comfort; Your smartest shoe should be your most comfortable; Spring pick-up for weary feet; Shoes for walking weather; Satisfaction and shoe comfort.

Management THE PROPENSITY TO CONSUME. Elizabeth W. Gilboy. (The Quarterly Journal of Economics, Vol. 53, No. 1, pp. 120-140, November 1938.) This article takes up the distribution of income, statistical evidence on the relation between income and expenditure, the psychological basis for consumption. There are a number of tables and graphs. The conclusion reached is that the relation between income, consumption, and savings is neither simple nor stable. It shows that the elasticity of savings tends to decline as income increases, and says there seems to be no fundamental psychology in our present economy which will lead the individual to save.

The Child — THE HEALTHY CHILD. Henry L. K. Shaw. (Funk & Wagnalls Co., New York, pp. vi 108, 1937.) A small handbook of the National Health Series which discusses subjects such as the rights of the toddler, health problems, and play, found in many books on child care.

The Child — VERY INTELLIGENT CHILDREN OFTEN UNHAPPY. (Science Digest, Vol. 5, No. 3, pp. 42, March 1939.) A review of an article by Prof. Leta S. Hollingworth, which tells why it is that very intelligent children are often unhappy. One of the reasons is that they are often mishandled in youth; another, because they are so versatile that they often spend their time and energy over so many projects that they never finish any one thing or do it perfectly. Children with I.Q.'s between 130 and 150 seem to find the world better suited to their development than do those of higher I. Q.'s.

The Child — DO ADOLESCENTS NEED PARENTS? Katharine Whiteside Taylor. (Published for the Commission on Human Relations of the Progressive Education Association, D. Appleton-Century Co., New York City, pp. x 380, 1938. Abstracted in Child Development Abstracts and Bibliography, Vol. 13, No. 1, February 1939.) This book has an adequate index, and a classified bibliography on topics of special interest to parents and adolescents. The question asked by the title is answered in the affirmative, with reservations. Adolescents need parents who are understanding, loving friends, willing to relinquish authority wherever the young person needs the experience of independence. Adolescents do not need parents who coddle or discipline in ways that hinder normal growth toward adulthood. The two main divisions of the book, "The Parent's Role" and "Adolescent Needs" discuss numerous phases of the parent-youth relationship under chapter headings which include "Parents Are Still Wanted," "Parents Are Also People," "Affection With Freedom," "Making Friends," "A Living Religion," "Finding Work," and "Finding Love." There are constant references to actual cases of adjustment. Adolescents as well as parents will be helped by this book to acquire the flexible viewpoint necessary for successfully meeting the conflicts between generations which result from the rapidly changing environment of present-day living.

The Child — SOCIAL ADJUSTMENTS ASSOCIATED WITH INDIVIDUAL DIFFERENCES AMONG ADOLESCENT BOYS. Ward C. Crampton and Dealton E. Partridge. (Journal of Educational Sociology, 12:66-72. 1938. Abstracted in Child Development Abstracts and Bibliography, Vol. 13, No. 1, February 1939.) A study was made of letters written by boys to the department "Keeping Physically Fit" in the magazine Boy's Life. The problems discovered that disturb adolescent boys include fear of failure to develop into a six-footer, loss of friends who develop more rapidly and with whom the boy can no longer compete, any physical defect, lack of sex information, and lack of a confident.

Personal THE PSYCHOLOGY OF SPEECH. Jon Eisenson. (Science Digest, Vol. 5, No. 2, pp. 32 to 36, February 1939.) This article is condensed from the book by the same title "The Psychology of Speech," published by F. S. Crofts & Co., New York, 1938. It gives the history of how man developed a language, the effect of speaking on nervous mechanisms, and how the psychological condition or the state of mind of the person affects his speech and the coherency of his words.

Personal PATTERNS OF SURVIVAL. AN ANATOMY OF LIFE. John Hodgdon Bradley. (The MacMillan Co., New York, pp. 223, 1938.) Chapters are: In the beginning, The other side of progress, The mechanics of success, The house divided, Life without struggle, The way of love, The broader brotherhoods of flesh, The tragic rhythm, The business of growing up, Is man an absurdity? The embarrassment of being different. Among other things this book says that the biologically good die young, the explanation given being that they are more rigid in their demands and therefore do not adapt so readily to changes in environment.

Personal MOTIVES IN MARRIAGE. Rex M. Johnson. (Social Forces, Vol. 17, No. 2, pp. 249-255, December 1938.) A discussion of the basic functions in marriage as set up by different cultures. It points out the functions of marriage in different times and countries. In some primitive tribes the objective of marriage is social status; in others, the safety that comes from a large family circle. In the Chinese tradition it is that of perpetuating family traditions and, therefore, a wife was wanted who would bear sons in order that the family might continue. In the countries which set themselves up as the "great state" the theory is that marriage is primarily for increasing population so that the state will always have an abundance of manpower in order to maintain its dominant position. In the communistic structure, the function of marriage was merely that of friendship or finding someone who was congenial. In colonial United States, the main purpose in mating was to establish a means of livelihood. Large families had great economic worth. At present we have concluded that marriage is essential to the needs of human personality, that is, that a continuous relationship with another person of the opposite sex furnishes an effectional or love institution which has community sanction. Under this condition husband and wife must be well mated, cooperative, and all-around friends. People do not marry with less craving for affection than formerly but with more. He concludes by saying that this situation may not endure in the United States for all time, for our people may have to look again to marriage primarily as a means of assuming a role of greater dominance among the nations than it does now.

Social THE PROBLEM OF TEACHING SOCIAL PROBLEMS. Richard C. Fuller. (The American Journalof Sociology, Vol. 44, No. 3, pp. 415, November 1938.) The latter part of the preliminary abstract to this article says "The core of the social problem is a multisided clash of social interests. The job of the sociologist is to isolate and define these conflicting value judgments which are the modus operandi of the problem. He need no longer hold himself out as an expert on social problems but as an expert on the sociology of social problems. As a scientist he must avoid making value judgments; but moral judgments in themselves are the content of a true sociology of social problems."

Social CRITERIA OF RURAL COMMUNITY FORMATION. Dwight Sanderson. (Sociology, Vol. 3, No. 4, pp. 373-383, December 1938.) The preliminary abstract says, "The rural community is an emergent sociological concept. The use of the rural community as the school consolidation may seriously impair rural community life if based solely on so-called efficiency. The importance of the rural community as a cultural unit in modern society is stressed. Rural sociologists have a responsibility to see that rural communities be established on sound sociological principles. Four criteria for the areas of rural communities are advanced as a means for obtaining constructive discussion. These are based on the ideas of relative self-sufficiency, opportunity for personal association, and pooling of resources for desired institutions. The development of such standards and the mapping of rural communities are an important function of State and county planning boards and should be made a feature of the county land-use planning committees being established by the agricultural extension service."

Social RURAL SOCIAL WORKERS DO EVERYTHING. Josephine Strode. (Survey Midmonthly, Vol. 74, No. 10, pp. 308-309, October 1938.) The author tells of the need of social work in rural areas and calls attention to the fact that most people do not seem to realize that rural people constitute almost half of the population of our country, and that this half has its problems of health, housing, and the like, and its own youth worries. More than three-fourths of the rural people carry water from wells, have outdoor toilets, use kerosene lamps, have neither bathtubs nor showers, neither electricity nor radios; and doctors in rural areas are growing older and fewer while health problems multiply. He then says that lack of jobs, delayed marriages, loafing, drinking, and petty gambling are boring at the lives of rural young people. Between two and three millions of them are dammed up on the home farms, with neither opportunities nor facilities to train themselves for new occupations, nor incentives to follow their parents' way of life. The outlets they find for themselves bring complications into family situations which probably are not unique to rural life, but which are certainly baffling.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 363 April 26, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social — OLD FOLKS WITHOUT HOMES. Nancy L. Austin. (Survey Midmonthly, Vol. 65, No. 1, pp. 9-11, January 1939.) A plea for better supervision of homes in which old folks are boarded, which says in conclusion: that numerous boarding homes for old people are springing up like mushrooms all over the country, supervision in them at best is sporadic. They probably are needed for old people without homes of their own or relatives able to take them in. "They are not yet wholly out of control, but they are well on the way to being so. Unless welfare officials act quickly to protect the helpless old folk from exploitation we shall presently have on our hands a scandal comparable to the 'baby farms' of a generation ago."

Social — THE ROLE OF THE INTELLECTUAL IN THE MODERN WORLD. Bertrand Russell. (The American Journal of Sociology, Vol. 44, No. 4, pp. 491-498, January 1939.) "A little education is unsatisfactory because it is just enough to subject people to propaganda. Short of complete ignorance for everyone, the best thing is a good education for all. This is a precondition for the influence of intelligence and rationality in the world." The range of collective hysteria which is the great enemy of democracy is greatly enlarged by modern means of communication. A wholesome, happy childhood and a critical and skeptical attitude are the primary sources of sanity; these should be developed by education. Collective hysteria is the great danger of the modern world, and it is generally connected with density of population. Density of population makes the hysteria more collective but does not make people more hysterical. The people who care for democracy have got most to study—how to manage to make populations immune to collective hysteria for it is the chief and gravest danger of the modern world. It is a disease. People have found out how to deal with yellow fever, but the mosquito of yellow fever didn't have political power, therefore it was less difficult to deal with. As a technical problem, control of collective hysteria is just as soluble.

General — MUNSELL STUDENT CHARTS. With value scale and manual of color. (Munsell Color Co., Inc., Baltimore, Md., 1938, illus.) There are 20 colored charts. This is the color system used by artists and designers, manufacturers and others of pigments, dyes, inks, cement, chemicals.

General — SOAPS, DETERGENTS, AND THEIR SPECIFICATIONS. H. P. Trovithick. (Industrial Standardization, vol. 10, No. 1, pp. 10-12, January 1939.) In this article are given the standard specifications set up by the American Society for Testing Materials, which are intended to help eliminate confusion in terminology, errors in filling orders, and lack of uniformity in testing soap and other detergents.

General — COLOR ORGANIZATION. A Treatise on Methods of Color Organization, Specification, and Harmony. DeForest Sackett. (Printing Art, vol. 67, No. 4, Thirty-fifth Anniversary Number, pp. 26-32, illus, 1903-1938.) This article explains what a color system is and describes the systems of Munsell, Ostwald, and colorimetry. It indicates the helpful features of each system and where it is best adapted for use.

General — COLOR AND COLORS. Matthew Luckiesh. (D. Van Nostrand Company, Inc., New York, pp. ix 206, 1938.) Color is defined in this book as follows: "Psychologically, color is a sensation. Physically, color exists potentially in light or radiant energy. Practically, color is produced by the selective emission of light in the case of a primary light-source, or by the selective absorption of light in the case of a reflecting or transmitting substance." In the above cases the light-source and the substance are said to be colored.

General — ART AND HOME ECONOMICS--A SYMPOSIUM. (Journal of Home Economics, Vol. 31, No. 3, pp. 168-172, March 1939. A symposium on art and home economics, the titles of which are: Putting art principles into practice, Related art and the future homemakers of Texas, A homemaker speaks, "More beautiful everyday things" in Sweden, Among books and magazines of 1938. This last item gives a bibliography of recent books on art and design, clothing and textiles, crafts, gardening, the house and its furnishings, toys, and plays.

Food and Nutrition

A QUANTITATIVE STUDY, BY MEANS OF SPECTROGRAPHIC ANALYSIS, OF ZINC IN NUTRITION. Florence I. Scoular. (The Journal of Nutrition, Vol. 17, No. 2, pp. 103-113, February 10, 1939.) A partial report of research conducted at the State University of Iowa. It says in the summary: "Thirty-five zinc balance studies have been made with three normal boys of preschool age . . . On the basis of the limited ingestion range studied it is tentatively concluded that -.307 mg. of zinc per kilogram of body weight will supply the zinc needs of the preschool age child."

Food and Nutrition

FACTORS AFFECTING APPETITE. Helen Camp and Ercel Eppright. (Journal of Home Economics, Vol. 31, No. 3, pp. 149-154, March 1939. Evidently a complexity of factors influence appetite, but there is no innate mechanism upon which human beings can depend as a guide in choosing food. The natural stimulation to eat afforded by hunger is easily dulled by nutritional, physiological, or psychological conditions. A diet well-fortified with all the nutrients, but especially with vitamin B_1, and low in bulk, is perhaps the most advantageous to appetite. Sleep is essential, and also the maintenance of an objective attitude toward food, and well-regulated home conditions.

Food and Nutrition

CANADIAN STYLE BACON. Barbara Lucas, ed. (The Michigan Farmer, Vol. 191, No. 3, pp. 80--12, Feb. 11, 1939.) Discusses the process used for preparing Canadian style bacon, including how to cut the pieces, the preparation of the material used for pickling the loin, length of time in pickling, curing, and other operations.

Food and Nutrition

HOW TO GET CHILDREN TO EAT. Grace Langdon. (The Junket Folks, Chr. Hansen's Laboratory, Inc., Little Falls, N.Y., pp. 29, 1938.) This little booklet discusses appetite and how to serve food attractively for children. One of the things it says is that placing different foods on the plate so that they do not run into each other makes them more appealing to some children. Color also seems to have much to do with attractiveness of food. Keep the eating time peaceful, make it easy to eat, have utensils easy to handle, and keep the mealtime free from distraction, and be sure the child comes to the table ready for food.

Food and Nutrition

LEARNING TO IDENTIFY MEAT CUTS. National Livestock and Meat Board. (Food and Nutrition News, Chicago, Ill., Vol. 9, No. 5, pp. 1-4.) This leaflet discusses making retail meat cuts; how to identify meat cuts; and corresponding cuts of beef, veal, pork, and lamb. It gives a list of cuts describing their characteristics and uses.

The Child

LEARNING TO CHOOSE COMPANIONS. Annabelle Pollock. (National Parent-Teacher, Vol. 33, No. 5, pp. 9-11, January 1939.) The author discusses problems of children's choosing their companions. She tells how the child is trained, physical equipment that is helpful, and gives the following suggestions: Small children may easily be confused by too many playmates. After a child has learned to play with his small group, and gradually enlarged his horizon of acquaintances, he will be ready for the larger group or gang in the preadolescent stage. The child who lives in a neighborhood where there are children of varied types, varied interests, and varied nationalities is happiest. Parents loyalty to their own friends and to friends of other members of the family will have a wholesome influence on the choices made by the child. He must have freedom to choose as his right even though he may sometimes use it unwisely. Often he is more discriminating in this choice than is his parent, for he knows his playmates better and knows them as they are when no adult is around. Confidence in his ability to choose wisely, and confidence in his desire to act wisely are essential in his development.

The Child

ONE STEP BACK OF THE BAD BOY. Back of the boy is his mother. Are we giving a fair chance to the girls who will be the mothers of the next generation of boys? Dora E. Dodge. (Recreation, Vol. 32, No. 12, pp. 667-672, 684-685, March 1939.) The author urges that more attention be given to the training in recreation of little girls. She seems to think that at the present time less attention is given to them than to boys. She says that too often so-called 'underprivileged' girls do not come from the poorest homes, in the sense of lack of money alone. Just any girls whose homes and communities do not furnish the opportunity to train them for abundance of living are among them . . .Little girls react differently to poor environment. They are just as much affected by their surroundings but, being more individualistic than boys, they do not travel in gangs and they are not so destructive because they lack the mass courage. Usually they shut up within themselves the results of misery, frustrations, and resentment. The community is not aware that young girls' need of leisuretime direction is as great as the need of their brothers. At about fifteen they don their warpaint and enter the so-called 'boy-crazy stage', they for the first time are observed and censured for their lack of standards. They do not want to learn housekeeping and child care, at fifteen; "but, says the author, show me the little girl who does not want to cook and play house at any age from 4 to 10, or who does not want to learn all about the care of a baby.... and I'll show you the real abnormal girl." We must recognize and foster this God-given instinct for play, which is the greatest force for good or evil in a child; we must apply it in training our girls, as well as their brothers.

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 364 May 3, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Textiles and Clothing

CREASE-RESISTANT FABRICS. Margaret S. Furry. (Journal of Home Economics, Vol. 31, No. 4, pp. 241-242. April 1939.) An article telling how effective this crease resistance is on repeated laundering, and reports work done in the Bureau of Home Economics on this subject.

Textiles and Clothing

METAL STAINS CAUSED BY LININGS. A correspondent. (The Wool Record & Textile World, Vol. 55, No. 1553, pp. 380 (28) and 381(29), February 16, 1939.) An article that discusses metal stains caused by sulphur dyestuffs in linings such as are usually found in men's garments. Colors used for linings are usually black, blue, brown, and, to a less extent, green. Tells the processes for manufacturers to follow in overcoming metal stains. One process is that of soaping the material well. The author says, however, should any alkali be left in such material, it lowers the fastness to perspiration when filled with dextrin starches.

Textiles and Clothing

TECHNICAL TESTS INSUFFICIENT. Consumer Organization Pressure for Information on Fabric Values--Tests Made Without Sufficient Knowledge of Fabrics Create Wrong Impressions--Yarn Twist Important Factor. (American Wool & Cotton Reporter, Vol. 53, No. 7, pp. 9 and 10, February 16, 1939.) This article criticises textile tests and says that a large number of persons who are inside and outside the market claim to have had technical training and practical experience sufficient to permit them to determine all facts required in regard to different materials. In the past few years many colleges, institutions, and certain other organizations, have established courses in textiles. The article further states that, without doubt, some good is accomplished by the organizations referred to, but that students cannot obtain any great amount of real information, and the instructors cannot impart any great amount of technical or vital facts, because they are not qualified for the job.

Housing QUESTIONS ON SUBTERRANEAN TERMITES AND THEIR CONTROL ANSWERED. Thos. E. Snyder. (Pests, Vol. 7, No. 1, pp. 7-9, January 1939.) The author discusses the question of structural repairs in case of termite invasion of houses. He says that metal termite shields are effective. Illustrations show how they are used. Warning is given that great care should be exercised, in applying soil poison, that there be no injury to vegetation. In regard to the effect of termites on public health, he says that this is nil. Termites infest the woodwork and, though the winged adults fly about buildings and are irritating to residents who may be nervous or ill, those native to this country cannot bite human beings sufficiently hard to penetrate the skin. Although termites in the tropics are able to bite sufficiently hard to draw the blood, winged termites can be swept up in the vacuum cleaner and thus relieve the annoyance that they cause. The author suggests the use of parasites or predators as a means of natural control of this insect, but says it cannot always be relied upon.

Housing WALL CONSTRUCTION FOR AIR-CONDITIONED HOUSES AND FOR REFRIGERATED STORAGES. W. V. Hukill. (Agricultural Engineering, Vol. 20, No. 2, pp. 67-70, February 1939.) This article discusses: How moisture accumulates in insulated walls; minimum treatment for most economical protection; considerations of humidity in relation to condensation; differential insulation based on temperature differences through various parts of a wall; wall construction in relation to comfort. The author says "Studies of health as affected by air conditions cannot be carried very far by engineers alone. They must have the help and cooperation of the medical profession. In the past few years this kind of cooperation has increased markedly."

Housing BUY BEFORE YOU BUILD. Arnold Nicholson. (Country Gentleman, Vol. 109, No. 4, pp. 13, 80, and 81, illus., and floor plans, April 1939.) This article contains instructions to the person considering building a house. It discusses the fact that exact costs must be known, buying, hints for buyers, describes two low-cost homes, the work of the Federal Housing Administration in approving loans, and farm loans.

Housing THIS WAY PLEASE. Howard R. Sebold. (Better Homes & Gardens, Vol. 17, No. 5, pp. 14-15, 15 diagrams, January 1939.) This article gives directions for planning the landscape around the home. The diagrams show how areas for lawn, garden, and paths may be laid out in relation to rectangular, ell-shaped, and other houses.

Food and Nutrition

THE NUTRITIVE VALUE OF WHEATEN FLOUR AND BREAD. Alice Mary Copping. (The Imperial Bureau of Animal Nutrition, Nutrition Abstracts and Reviews, Vol. 8, No. 3, pp. 20-555 - 566, January 1939.) A report of a study made by the Nutrition Division of Lister Institute, London, S. W. 1. The conclusions of this study say that: If the evidence which has been collected in the course of this review be summed up it is clear that the change from whole-meal to white flour that took place when steel roller mills were introduced, nearly 70 years ago, has resulted in reduction of the nutritive value of the protein, in serious lowering of the content of calcium, phosphorus, and iron, in reduction of the vitamin B_1, and vitamin B_2 complex content the carotene content, and probably in complete removal of the vitamin E, all representing dead loss nutritionally; to change to whole meal, it is necessary to alter the tastes of people and to overcome the vested interests in the existing milling industry, and to find a means of using whole meal flour more quickly and of storing it more satisfactorily; and finally, that the advantages to be gained in national health would make it well worth while to overcome these difficulties.

Food and Nutrition

HOW SHORTENING AFFECTS THE SPECIFIC GRAVITY AND OTHER CHARACTERISTICS OF LAYER CAKE. Charles A. Glabau. (Bakers Weekly, Vol. 100, No. 9, pp. 45, 46, and 71, November 26, 1938.) Reports results of study of the effect on quality of cake by varying the amounts of ingredients. The author says in conclusion, that in the minds of those making the study there is no question but that the cake was appreciably improved as the quantity of liquid might be increased as the amount of shortening is raised. The amount of shortening was slightly more than that used in pound-cake recipes.

Food and Nutrition

VITAMIN "A" WEARS GREEN AND YELLOW. Hazel K. Stiebeling. (Woman's Home Companion, pp. 42 and 43, February 1939.) The author indicates in this article that green- or yellow-colored vegetables tend to be good sources of vitamin A, and often are important, too, for vitamin C, calcium, iron, and a number of other nutrients in which the diet might otherwise be short. Then she answers the question "How much vitamin A do we need?"

Social SOIL, WATER, AND FOREST IN LIFE AND EDUCATION. Helen M. Strong. (Progressive Education, Vol. 16, No. 3, pp. 174-181, March 1939.) In discussing this subject the author takes up the human and the economic significance of the conservation of natural resources. She deals briefly with how the erosion of the soil affects the economic condition of people in the areas where erosion has progressed to any extent.

Social THE COUNTY WORKER'S JOB. OLD FOLKS ARE LIKE THAT. Josephine Strode. (Survey Midmonthly, Vol. 75, No. 2 pp. 41-43, February 1939.) With the increasing number of people past 50 years of age in this country, social workers are becoming more and more aware of the attention they need in keeping them in good spirits and health. This article points out some of the mistakes that many people make in caring for needs of old people. It describes a party that showed what old folks like in the way of entertainment. The author says in part, cultural, recreational and creative pursuits are what they want and need. Many of them, all their lives, have cherished some heartfelt desire, the gratification of which they see threatened by their advancing years and poverty. Adult education through lectures and instruction in new skills was what they needed more than planned entertainment. Many old people are suffering from what one might call social malnutrition. What is needed is volunteers who really enjoy crotchety old people and their manifestations of temperament. Usually their difficulty is that of fitting a round peg in a square hole. According to the doctors, says the author, not more than one-third of the old people coming to their clinics, are actually in need of medical aid, and that given adequate and properly cooked food, suitable and sufficient clothing, decent housing, and above all, some opportunity to be effective and important, and the majority of the old people would have little need for their services. Old age, they tell us, is never physiological.

Social THE ORIGIN OF THE INEQUALITY OF THE SOCIAL CLASSES. Gunnar Landtman. (University of Chicago Press, pp. xv, 444, 1938.) Abstracted in The American Political Science Review, No. 6, pp. 1169-1171, Vol. 32, December 1938.) This article discusses the effect of wealth in producing various social classes. The author is quoted as saying that wealth is in point of fact a more important factor, with regard to the rise of classes, than merely personal qualities, for the reason that it preserves in a higher degree to coming generations the position attained by an ancestor.

Beale

UNITED STATES DEPARTMENT OF AGRICULTURE
Extension Service, Division of Subject Matter
Washington, D. C.

No. 365

May 10, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Handicraft

AND NOW--LET'S WEAVE. Forrest C. Crooks. (Country Gentleman, Vol. 109, No. 3, pp. 65-66, March 1939.) An article on weaving which discusses tools and tells how to weave, and how to handle situations such as when a thread breaks. It recommends that the weaver design her own fabrics and begin with plaids, and that she use her designs in the weaving of unusual textures by combining threads of different degrees of fineness and quality, such as of shininess and smoothness.

Handicraft

MARKETABLE FOOD PRODUCTS FROM WISCONSIN FARMS. Lois Johnson Hurley, ed. (Wisconsin Agriculturist and Farmer, Vol. 66, No. 4, pp. 14, February 25, 1939.) This brief article on marketable food products tells what is being done through markets in helping farm women in Wisconsin to make some money. It considers the question of costs of raw material, fuel used, containers, and women's time and labor in computing the price charged to the purchaser.

Handicraft

YOU, TOO, CAN MAKE AN HEIRLOOM QUILT. Minnie Eldridge McTeer. (Progressive Farmer and Southern Ruralist, Vol. 54, No. 3, pp. 40, March 1939.) Suggestions for making an heirloom quilt are given in this article. Since modern beds are of a different proportion from those used by our grandmothers who had wide beds and feather mattresses, the length of quilts for use now should be lengthened in proportion to the width, but any pattern may be adjusted to this shape by changing the width of the frame or border. The author warns against using materials that will not wear and are not uniform in texture. Soft materials with no starchy dressing are to be preferred. Many interesting designs can be adapted from old quilts. Their patterns offer a fascinating means of studying the lives of early settlers. The inspiration for many patterns can usually be traced to some interest or influence. Every-day home life gave us such patterns as the "Log Cabin," "Churn Dasher," "Cake Stand," and "Turkey Track."

Food and Nutrition

THE DISTRIBUTION OF VITAMIN B_1 (Thiamin) IN MEAT AND PRODUCTS. Olaf Mickelsen, Harry A. Waisman, and C. A. Elvehjem. (The Journal of Nutrition, Vol. 17, No. 3, pp. 269-280, March 10, 1939.) A report of work on meat and meat products relating to the distribution of vitamin B_1 in such foods. It reads: "This paper indicates that our meat consumption is able to supply a considerable amount of our daily vitamin requirement." Most of the substances in our daily diet "contain from 0.5 to 2.0 I.U. of vitamin B_1 per gram. Our work shows that meats are above the average in this respect and compare favorably with many foods which are ordinarily considered potent sources of this vitamin."

Food and Nutrition

RECENT FINDINGS IN NUTRITION. An editorial. (Journal of the American Dietetic Association, Vol. 15, No. 4, pp. 279-284, April 1939.) This summary is intended to bring the nutritionist up to date on what has been happening in research in nutrition.

Food and Nutrition

THE UTILIZATION OF CARBOHYDRATE IN HUMAN UNDERNUTRITION. Margaret Woodwell Johnston, John M. Sheldon and L. H. Newburgh. (The Journal of Nutrition, Vol. 17, No. 3, pp. 213-222, March 10, 1939.) A report of research at the University of Michigan, the summary of which says in substance that the oxidation of carbohydrate by normal human subjects has been studied in the respiration chamber following various degrees of depletion of the carbohydrate reserves, and that the failure to oxidize all the ingested carbohydrate appears to be related to the degree of depletion and will result when the depletion is severe enough, even though the calories of the diet are significantly below the maintenance requirements of the subject. Oxidation was impaired when the stores were greatly reduced by sharp reduction of the intake of calories and carbohydrates. It might be expected that the organism under these circumstances would oxidize all the incoming carbohydrate for energy purposes. On the contrary, it stores considerable portions, even though the energy expenditure exceeds the intake. To replenish the carbohydrate stores than would seem to be of more importance than to use the incoming carbohydrate for fuel.

Food and Nutrition

PARTY CAKES ARE GOOD PUBLICITY FEATURES. Joseph A. Lambeth. (Bakers' Helper, Vol. 71. No. 876, pp. 347-349, illus., February 18, 1939.) This article gives recipes and tells how to make fancy cake icings and confectionery from marzipan.

Management

BUYING BY GRADE. Caroline B. Sherman. (Practical Home Economics, Vol. 17, No. 1, pp. 12, 13, and 28, illus., January 1939.) This article tells about Federal grades that directly affect the homemaker, and on what products and in what markets the evidences of such grades are most generally found. For example, many turkeys at Thanksgiving and Christmas time bear the United States label. Only the United States prime label is now in use. It covers the two top grades. Eggs are marked by certificates of quality. They show the United States grade and the size of the eggs. They are on seals of 1-dozen cartons. The article also tells what progress has been made in marking canned fruits and vegetables by grades A, B, and C. The author says before buying a club steak that is marked "U. S. Good Steer," the wide-awake housekeeper will want to know just where this grade comes in the range of grade names, something about the difference between steer and heifer beef. Materials for study on the subject of grades and labels are not extensive, but some of this material may be obtained from the United States Department of Agriculture.

Management

WHEN YOU BUY. Mabel B. Trilling, E. Kingman Eberhart, and Florence W. Nicholas. (J. B. Lippincott Co., Chicago and New York, pp. ix 401, 1938.) A textbook for high-school girls. Chapter headings: How do you rate as a consumer-buyer? What do you want for your money? How do sellers persuade you to buy? Do you get your money's worth? Are you a victim of fraud? What do you really pay for? The consumer-buyer helps himself, Private agencies help those who help themselves, Standardization of goods aids the consumer-buyer, The Government lends a helping hand, Consumers unite to help each other. Better buying and selling practices.

Management

HOUSEKEEPING, A Vocation. Gwenivere Lamoreaux. (The American Home, Vol. 21, No. 3, pp. 45 and 62-64, February 1939.) This article is written for the women who do not take naturally to housekeeping or who are bored with it and find all tasks dull. After several jolts, the author learned of her shortcomings as a homemaker, she began to realize that housekeeping should be a housewife's vocation, and that any other work should be an avocation. She compared the drudgery of office work with that of housework and found that there was more freedom in managing her own time than when holding an office job. Budgets mapped out by experts as misleading are criticized. They do not allow enough time for cleaning silver, woodwork, shelves, basement-stairs and for similar tasks. She no considers housekeeping a job that demands creative ability and original thinking in abundance, in addition to routine work, and that closer association with her children has given her an intelligent and tolerant understanding of each individual's capabilities and interests.

The Child

BASHFUL BABY. Kathern Ayres Proper. (Country Gentleman, Vol. 109, No. 3, pp. 77, March 1939.) This article tells how to handle the bashful child. The introduction says that, whenever baby is first taken out, he is likely to be somewhat shy, for it takes time to master the social grace of meeting strangers with ease. The reader is cautioned against handing an infant to just anyone to hold, and laughing at him. The article advocates diverting the child's attention when he shows symptoms of shyness, avoiding apologies for him, and be reticent about relating what troubles you have had with him in this respect.

The Child

WHY CHILDREN CATCH COLD. Jay N. Fishbein. (Hygeia, Vol. 17, No. 1, pp. 28-30, January 1939.) An article which tells how children who are bundled in too many clothes may take cold. For example, when they are overdressed, they can't play so they sit down and become chilled. Besides the subject of clothing, the article takes up the question of developing natural immunity, the conditions under which one night catch cold in the bath, and colds coming from lack of rest.

The Child

THE PROBLEM OF THE ADOLESCENT. W. Brown. (Mental Hygiene, v. 4, 20-24, 1938. Abstracted in the Bulleting of Hygiene, Vol. 13, No. 5, pp. 347, May 1938.) Psychology may be regarded to some extent as a point of view rather than as a science, such as physics or chemistry, the author suggests. But this "point of view" is not al all easy to understand - the relation of the individual to his universe, his outlook upon it, and not merely his knoledge of it. Psychology is a natural science because it is concerned with processes naturally occurring in the individual mind from youth to maturity. Adolescence is essentially the process of coming to maturity. Since adolescence is a normal process, those who have to deal with its problems should endeavor to keep it normal. The preadolescent stage is generally thought of as from 8 to 12, but there is an earlier stage, important for the fate of the child - from 2 to 5 or 6. At this time an undue fixation upon one parent may occur, which may be of importance in the period of adolescence, when the boy or the girl needs attention to physical health, and also sympathy and insight into mental and emotional changes, with their attendant difficulties. The child should be encouraged in developing his abilities, and helped without undue interference. If definitely antisocial disturbances take place, or tendencies that suggest serious maladjustment, it may be necessary to consider psychotherapeutic assistance.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 366 May 17, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Food and Nutrition

THE CALCIUM REQUIREMENT OF ADULT MAN AND THE UTILIZATION OF THE CALCIUM IN MILK AND IN CALCIUM GLUCONATE. F. R. Steggerda and H. H. Mitchell. (The Journal of Nutrition, Vol. 17, No. 3, pp. 253-262, March 10, 1939.) An article the summary of which reports that the calcium balance of an adult human subject receiving a basal low-calcium diet with varying supplements of calcium in milk solids and in calcium gluconate was followed throughout forty-three 4-day periods. It was found that for equilibrium, 9.2 mg. of calcium per kilogram of body weight per day were required, about three-fourths of which was supplied either in milk solids or in calcium gluconate. The 20 percent of the calcium in both of these forms was equally well utilized.

Food and Nutrition

NUTRITIONAL REQUIREMENTS AND DEFICIENCIES IN PREGNANCY. Maurice B. Strauss. (Journal of the American Dietetic Association, Vol. 15, No. 4, pp. 231-238, April 1939.) A paper read at the meeting of the Massachusetts Dietetic Association. The author gives a history of the study of nutritional requirements in cases of pregnancy, the need for vitamin A and vitamin D, and includes a table showing excellent sources of such food factors as vitamins A, B, D, calcium, iron, and protein. He also discusses other vitamins, including K, of which he says, it is possible that hemorrhagic disease of the newborn may be the result of a maternal lack of vitamin K. Nothing definite has yet been established. In conclusion, he says that one can say that many of the toxic manifestations of pregnancy, polyneuritis, simple anemia, pernicious anemia, pre-eclampsia, and certain cases of eclampsia among them, appear to result not from the action of mysterious and undiscovered toxins but from inadequate maternal nutrition, and that this may manifest itself not only in the ill health of expectant mothers, but also in disorders in their infants.

Food and Nutrition

QUALITY IN QUANTITY COOKERY. Marie L. Casteen. (Journal of the American Dietetic Association, Vol. 15, No. 3, pp. 154-163, March 1939.) The author says that quality in quantity cooking requires more than following directions: Imagination is needed, and tested recipes are helpful.

Management

CONSUMERS MUST THINK. Harriet R. Howe. (National Magazine of Home Economics Student Clubs, Vol. 3, No. 3, pp. 1 and 15, February 1939.) The author says the consumer cannot depend on salesmen and manufacturers to tell her what she needs to buy. She must think for herself. She discusses matching goods, charge accounts, and the rights of a consumer for information about goods. The consumer must inform herself about testing services and the like, advertised by commercial firms. Business offers services which meet a real need and do much to make the products sold give satisfaction. The author closes by stating again that the point to remember is that we consumers have been slow in accepting our responsibilities as buyers.

Management

MEASURING CHANGES IN THE DEMAND FOR FARM PRODUCTS. F. L. Thomsen. (Journal of Farm Economics, Proceedings Number, Vol. 21, No. 1, pp. 132-144, February 1939.) In this paper the author says that the principal influences responsible for shifts in the final-consumer demand curve for a commodity may be classified into five groups: Changing conditions which affect the desires of consumers for commodities, such as changing styles, advertising and living customs; changes in the quantities available and prices of competing or substitute products; changes in the composition and prices of all other items in the budget; changes in the number and characteristics of the population; changes in the purchasing power of consumers. Changes in total consumer income, also, reflect changes both in the number of consumers and in the purchasing power of individual consumers. There are a number of other measures that serve to reflect changes in the purchasing power of individual consumers. They include the total national income, nonagricultural income, total employees' compensation, industrial workers' income, and factory pay rolls.

Management

CONSUMERS' INCOMES AND DEMAND FOR CERTAIN PERISHABLE FARM PRODUCTS. M. P. Rasmussen. (Journal of Farm Economics, Proceedings Number, Vol. 21, No. 1, pp. 145-155, February 1939.) The author says that few producers are ignorant of the fact that it costs more to produce high-quality products and that it requires more careful sorting and packaging to make up the top grades than the lower grades, and also that theory back of better grading and improving qualities is that a higher net return will off-set increased costs. He quotes Mrs. B. W. Hendrickson, of the New York State Federation of Women's Clubs as saying: "A mistaken idea is that women always want the best. This is true to a certain extent in the clothing and house-furnishing fields, but it is not true in foods. Consumers want to be assured of wholesomeness and safety. The best is reserved for company or special occasions. For daily use, a lesser grade is all that the average consumer can afford." He says that, though growers grade potatoes to standards, many times these standards are destroyed in the hands of traders as the potatoes move from the car door to the retail floor, when lots are dumped together.

Extension DEVELOPMENT OF HOME DEMONSTRATION WORK IN PUERTO RICO. Maria Teresa Orcasitas. (Journal of Home Economics, Vol. 31, No. 4, pp. 229-231, April 1939.) A copy of the paper read at the Puerto Rico Home Economics Association meeting, and which tells of home economics extension work in that Island.

Extension ALABAMA WOMEN HAVE reached and passed the goal of 10,000 home-made mattresses set up in the State-wide campaign for 1938. Reports thus far tabulated show that 17,260 new mattresses have been made by club women, Farm Security clients, 4-H Club members, and colored farm women. (Progressive Farmer and Southern Ruralist, Vol, 54, No. 3, pp. 43, March 1939.) Two pictures are shown of Alabama women who are making mattresses. The title gives the information indicated above for two illustrations.

Extension 4-H CLUBS BUILD HEALTH. Lou Tregoning. (Hygeia, Vol. 17, No. 1, pp. 19-21, January 1939.) The author describes the 4-H Club health program, and tells of the work that is being done in improving right living conditions in rural areas. He also tells about some of the recent winners.

Extension 500,000 GLAMOUR GIRLS. How the "charm-school" movement among the 4-H Clubs of the Nation is producing a "bumper crop" of American beauties. Frances Andrews. (The Country Home Magazine, Vol. 63, No. 3, pp. 34-35, March 1939.) An article that tells of work of the 4-H Clubs in training girls in etiquette, and good taste in clothing.

Extension THE FARM AND THE FAMILY. (The Countrywoman, No. 60 pp. 3, February 1939.) Describing work and problems of women in farm homes, the author says that home demonstration agents have done a great deal to improve the standard of living on American farms. They have organized centers where women can meet and make suggestions. Vast ideas have been offered. Perhaps the idea that comes nearest to the heart of the problem is called The Family Incorporated. This scheme makes the farm family regard itself as an economic unit. It provides that sons and daughters, on reaching the age of 21, become entitled to a percentage of the family income, and to a vote on the family council on all questions of current expenditure or capital outlay. The whole outlook of the farming family is thus altered. The idea has been established in the Western States and is spreading. One result is that the drift from the land in the United States has ceased. The number of people returning to the farm exceeds the number leaving the farm.

Social

HOUSING TRENDS IN EUROPE. George B. Mangold. (Sociology and Social Research, Vol. 23, January-February, 1939, No. 3, pp. 211-221.) A report made by the author of observations on housing in Europe, which says: "A serious criticism has come from transported residents themselves. To pull a people up by their roots and to replant them in a new soil created many difficulties and problems. The new neighbors may not be to their liking. Where once all were neighbors and acquaintances and perhaps friends, now all are strangers to one another." New life patterns and behavior must be developed. The old freedom that was once enjoyed, generally must give way to restraint and discipline. Substitution of new opportunities for neighborliness must be made. If attractive and usable social or community centers are not provided, the unrest in housing districts will interfere with the success of these undertakings. The individual is not instinctively regenerated by improved housing. "The deadening clannishness and the unwise revelry that characterized many inhabitants of the underprivileged areas have become modes of behavior. Therefore, a housing program must be supplemented with a conscious effort to meet the social and psychological problems that these individuals present."

Social

THE DEVELOPMENT OF PLANNED RURAL COMMUNITIES. Charles P. Loomis. (Rural Sociology, Vol. 3, No. 4, pp. 385, December 1938.) The preliminary abstract says that families on seven recently established rural resettlement projects were interviewed to determine trends in community development. Their social activities in their new surroundings were compared with those in the communities where they previously lived. The activities of families in an Indian-Mexican village, a Dutch truck-farming community, and an area on an irrigation project also were studied for comparative purposes. Indications are that the families on the resettlement projects are developing a community life which is in many respects unique. "Blood relationship ties among associating families were not so common, but associating families lived closer together geographically, were more dependent upon one another for types of assistance and in more instances had children who played together than was the case in the other communities." There is much the sociologist can contribute both in the selection of settlers for resettlement projects and in forestalling community disintegration on these projects.

Social

PROBLEMS OF MODERN SOCIETY. An introduction to the social sciences. Paul W. Paustian and J. John Oppenheimer. (McGraw-Hill Book Co. Inc., New York, pp. xii 571, 1938.) The authors say that the purpose of this book is to provide an introduction to the study of contemporary society for college students. It takes up controversial interpretations of problems that have been persistently before the American public for many years. It lays stress on the frictions in modern society which limit the smooth operation of its parts and thus postpone the attainment of maximum individual and social achievement. It is designed for college students. The parts of the book are: Problems of wealth and social organization, Problems of population and race, Problems of social control, International problems, and The student and the future.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 367 May 24, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely

Edith L. Allen

Edith L. Allen
Junior Scientist.

Health — SO YOU CAN'T SLEEP. Elizabeth Shaffer. (American Cookery, Vol. 43, No. 9, pp. 536-538, April 1939.) This article explains what causes disturbed sleep; discusses various methods of improving one's ability to sleep, how to overcome such difficulties as a sleeping partner addicted to the radio or reading in bed; torrid nights, chilled sheets, cold toes, and uncomfortable mattresses.

Health — HOME NURSING HELPS. G. Hall Murray. (Parents' Magazine, Vol. 14, No. 4, pp. 25, 50, 99-101, April 1939.) The author begins by saying every mother needs to learn the fundamentals of home nursing, and then goes on to tell some of the vital things she should know and how to do them.

Health — PERSONAL AND COMMUNITY HEALTH. Clair Elsmere Turner. (The C. V. Mosby Co., St. Louis, pp. 680, 1938.) Chapter headings: Health value; Nutrition; Digestion; Oral hygiene; Respiration; Circulation; The excretion of nitrogenous waste; The skin; Endocrines; The sense organs; The hygiene of the nervous system; Mental hygiene; The hygiene of bodily activity; Body mechanics; Foot hygiene; The hygiene of reproduction; Heredity and health; Narcotics and stimulants; Responsibility for health maintenance; The science of disease prevention; Communicable diseases, essential facts of immunity; Three great plagues; Food control; Water supply; Waste disposal; Ventilation, heating, and lighting; Public health administration; Maternal and child hygiene; School hygiene; Industrial hygiene; The control of communicable diseases; Disinfection and disinfectants. That the emotions and the mental states affect the body are shown by physiologic investigations, says the author. Anyone, by watching carefully his own physical condition for a period of 2 weeks and noting the varying efficiency with which he is able to undertake mental and physical tasks, seeking each time for the cause of fluctuation noted, can see how his habits of eating, sleeping, working, resting, and playing are related to accomplishment.

Personal

THE MAN ON THE JOB. Howard Baxter. (National Laundry Journal, Vol. 59, No. 12, pp. 127-130, January 1939.) The theme of this article is "Get to know the man on the job and you will be around to third base in your business." The author says a mistaken idea is that employee relations can be improved by having management do welfare work for its employees. The average American desires the satisfaction of personal accomplishment. If the average American worker has something done for him, he is emotionally resentful because his need to accomplish that for himself has been frustrated. Instead of doing things for our people, we should make it possible for them to do things for themselves. A survey made by an industrial concern showed that among the most common causes of unhappiness among workers are: Debt, fatigue, furniture and fixtures, hours, interest, light, monotony, noise, payment, sanitation, social contacts, temperature, transportation, and ventilation.

Personal

CULTURE IN AGRICULTURE. Willem Van De Wall. (Rural America, Vol. 17, No. 2, pp. 3-6, February 1939.) This paper deals with culture in agriculture as it relates to human beings. It says in part, "Rural living in distinction to urban living, frequently deals with intelligent exploitation of the physical environment, making the most of situations." This healthy, positive approach should be applied to cultural as well as other phases of living. In playing the flute or in sewing, one is good not merely because of one's subjective evaluation of one's own achievement, but because one's performance of these arts will meet approved standards. Willingness and ability to accept objective criticism is a cultural trait. It can be most effectively developed in early youth, because a normal child has a deep sense of and love for truth, beauty, and courage...."To the disadvantaged of the rural communities belong a great number of people who are utterly maladjusted because they have powers within them that they don't understand and don't know how to use." Not knowing their finest qualities, people often misjudge them.

Personal

TRAINING GROUP WORKERS. Emory S. Bogardus. (Sociology and Social Research, Vol. 23, No. 3, pp. 266-272, January-February, 1939.) An outline of a course of training for workers in leading or supervising groups.

Education

EDUCATIONAL RESEARCH AND STATISTICS. The Relationship Between Family Economic Status and Some Personality Traits of College Students. (School and Society, Vol. 49, No. 1263, pp. 322-324, March 11, 1939.) This report of a study of 120 students in a large metropolitan college, whose families ranged from relief status to comfortable means, says in conclusion: "To summarize, the study revealed no striking relationship between the family economic status of students and their personality traits. However, a consistent group of small correlation coefficients reveals that economically underprivileged students tend slightly toward the maladjusted personality pattern, have a number of worries and feelings of insecurity growing out of their economic condition, and tend to have liberal or mildly radical attitudes on national economic questions."

Education

RURAL AMERICA READS. Marion Humble. (American Association for Adult Education, New York, pp. ix 101, 1938.) The chapter headings of this book are: Preface, Rural library resources, Roads to reading, Reading and study, Behind the books, Concerning book selection, Books in motion, To what end? The book tells in general about library facilities in rural areas for people of different income and educational background. It also discusses the library as supplemented by the radio. The work of women's clubs and study groups in forming libraries in rural communities is mentioned.

Education

TRAINING FOR COMMUNITY NUTRITION WORK. Ruth L. White. (Journal of Home Economics, Vol. 31, No. 4, pp. 221-225, April 1939.) This article is intended for those who are preparing themselves for nutrition work in welfare agencies, but many of the suggestions contained may be applied to work in nutrition in the extension field.

Education

HOUSING EDUCATION FOR COLLEGE HOME ECONOMICS STUDENTS. Carl Feiss. (Journal of Home Economics, Vol. 31, No. 4, pp. 232-235, April 1939.) A paper that tells what training should be given in housing by colleges. It says, that in relation to housing, home economics is a borderline subject, balancing between the highly specialized technical fields of house construction, design, and equipment, and the fields of finance, sociology, and family psychology.

STORES URGED TO GET AHEAD OF CONSUMER MOVEMENT.

Management Farsighted manufacturer and retailer realize it is here to stay, that it will turn out advantageously and are taking steps to meet its demands, says H. H. Hatch, advising better retail understanding of fabrics. (Women's Wear Daily, Vol. 58, No. 69, pp. 9, April 10, 1939.) In this article stores are urged to get ahead of the consumer movement. The author says too much merchandise is returned to stores because those handling the merchandise from manufacturer to customer know too little about it. He advocates as a good investment the employment of someone well trained and well paid as a counselor to all textile division workers in the store and its customers. He tells how they should go about carrying on their work, as well as the training they will need; that classes could be held in the stores where those interested in wearing apparel, fabrics, dry goods, and the like, could learn something about the merchandise they are selling. Talks could be given on the various fabrics, and methods of processing, with suitable illustrations. These talks would bring customers, home economics groups, and women's club groups to the store. Small stores should obtain efficient laboratory service collectively, as this would be the only way they could afford it. The author admits that fabrics have been misrepresented, and that the reason for the consumer movement is that the consumer is going to find out what it is all about.

CONSUMER CREDIT BIBLIOGRAPHY. Ernestine Wilder.

Management (Prentice-Hall, Inc., New York, pp. 142, 1938.) This bibliography, compiled under the direction of the Consumer Credit Institute of America, contains divisions on general works on consumer credit, credit unions, illegal lending, industrial banks, pawnbrokers and remedial loan societies, personal finance companies, personal loan departments of commercial banks, retail credits and installments, miscellaneous works in related fields.

DOUBTS CO-OP AS AGENT TO RAISE QUALITY. (Women's

Management Wear Daily, Vol. 58, No. 66, pp. 30, April 5, 1939.) An item from Columbia, Mo., reporting a meeting at Stephens College, says in part that the growing American consumer-cooperative movement conducts its business along the same lines as private enterprise, and that its products are relatively no better. In fact, the cooperative label is in danger of becoming just another trade name. It is evident that cooperators are more interested in dividends than in quality of products.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 368 May 31, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely

Edith L. Allen

Edith L. Allen
Junior Economist.

Miscellaneous — DESIGNATING COLORS. Robert D. Potter. (Science News, Science, Vol. 89, No. 2305, pp. 10, March 3, 1939.) A brief item which refers to the task of bringing some semblance of order out of the chaos of terms designating colors. It reports that at the meeting of the Inter-Society Color Council, new advances were made in building up a true simple chart of colors which can replace the hodgepodge of names now used, except for advertising purposes. Dr. E. N. Gathercoal described the usefulness of proper color terms for medicine and the great simplification of color designations which has now been found possible. The number of terms needed is small, and variations of shade can be described by the use of a careful list of a few qualifying adjectives.

Handicrafts — MAKING AND SELLING CANDLEWICK TUFTING. Geneva Nix. (The Farmer's Wife Magazine, Vol. 42, No. 4, pp. 22, April 1939.) Instructions are given for making and selling candlewick tufting.

Handicrafts — THE ART OF CANDLEWICKING. Dena Mae Harmon. (Capper's Farmer, Vol. 50, No. 3, pp. 46, March 1939.) A page of instruction for making candlewicking bedspreads.

Handicrafts — RUSH WORK--AN OLD ENGLISH CRAFT. Mable Roffey. The Countrywoman, Vol. 6, No. 62, pp. 9, April 1939.) A brief item discussing work with rushes. The author says the plant Juncus acutus is found growing in most English lakes and swampy regions. It is used in reseating chairs, in making basketry and for like purposes.

Textiles and Clothing

BIBLIOGRAPHY OF COSTUME. A dictionary catalog of about eight thousand books and periodicals. Hilaire Hiler and Meyer Hiler. (The H. W. Wilson Co., New York, 1939, pp. xi 911.) After the introduction there is a short chapter on costumes and ideologies, followed by an extensive bibliography of books from nations throughout the world.

Textiles and Clothing

PROGRESS IN GLASS TEXTILES. A review of the evolution of methods of producing glass fibers and of the latest manufacturing processes. R. Quarendon. (Textile Recorder, Vol. 56, No. 672, pp. 35 and 36, March 6, 1939.) The author says that improvement in glass textiles can be summed up in the words "increased fineness." The chief difficulties in the production of such fabrics are brittleness and insufficient abrasion resistance of glass fibers and their poor elastic properties. The author's opinion is that still finer fabrics might overcome the difficulty of low flexing strength.

Textiles and Clothing

TECHNICAL EVALUATION OF TEXTILE FINISHING TREATMENTS. E. R. Schwarz. (Textile Research, Vol. 9, No. 6, pp. 216-229, and 230, April 1939.) The first report of a series on "Technical Evaluation of Textile Finishing Treatments" sponsored by the American Association of Textile Chemists and Colorists and the Massachusetts Institute of Technology. The article takes up the handle of cloth, the cause of variations in textiles, and various finishing treatments. Attached is an inclusive bibliography on the subject of crease proofness of fabrics, fabric smoothness, fabric softness, paper flexibility, and fabric or yarn flexibility.

Clothing and Textiles

COSTUMING THE AMATEUR SHOW. Dorothy Lynne Saunders. (Samuel French, New York, 1938, pp. x 216, diagrams.) A handbook for amateur producers. Table of Contents: The nature of stage costumes; How to avoid customary faults of amateur costumes; A sensible program for the costume director; Special instructions for costuming dance groups; Getting striking effects economically; Buying the materials; When and how to use crepe paper; General tips on costume making; Stage clothes in action; Foundation designs for various costumes; Costumes for tiny tots; Designs for the between-age child; Designs for adults; Costumes for Cinderella and Shakespeare; Costumes representing holidays; Dressing men for the stage; Headgear--various; Boot, sandal, and slipper tricks; Converting costumes for other uses; Wigs, wig substitutes, and other hair tricks; Makeshifts and substitutes; Realistic props.

Management THE CONSUMER INVESTIGATES. A. B. ZuTavern and A. E. Bullock. (The H. M. Rowe Co., Chicago, 1938, pp. xi 525.) Contents of this book: The problem of existence, Consumer and producer relationships, Consumers' Economics, Consumers' money management, Consumers' personal loans, Consumers' use of banking services, Shopping and buying methods, What consumers should know about advertising, Agencies aiding the consumer, What consumers should know about insurance, Spending for housing, Spending for investment, What consumers should know about law, What consumers should know about frauds. This textbook is designed for college use. The author says in the foreword that consumers today are becoming wiser and shrewder buyers; they are learning "buymanship" through colleges, high schools, grammar schools, women's clubs, and many other organizations.

Management INCOME AND CONSUMPTION. Roland S. Vaile and Helen G. Canoyer, Henry Holt and Co., New York, 1938, pp. sv 394.) Contents of this book: Introduction and scope, The essential features of an economic order, Some basic concepts with which economics is concerned, How risk affects consumers, America's capacity to consume, Volume of consumer goods and services, Factors that influence the individual's capacity to consume, Other factors that affect the individual's capacity to consume, Standards of living, Planes of living, Increasing real income, Specialization and income, More intelligent use of income, Consumers' choices. The foreword says the authors do not intend the book to be more than an introduction to the problems of income and consumption. They have attempted to answer and clarify many of the most intimate and pressing questions about our economic life that we ask, as makers of income and consumers of goods and services. They have given us some objective measurements of income in the United States, both from the standpoint of each one as an individual and of all of us as a people.

Management CONSUMER CREDIT AND ITS USES. Charles O. Hardy, editor. (Prentice-Hall, Inc., New York, 1938, pp. x 264.) The author says in the preface that the literature on consumer credit is extensive but fugitive. Much of it being in monographic and pamphlet form, or scattered through technical magazines and general books on economics, banking, finance, and kindred subjects, the purpose of this book is to bring such material together. Chapter headings are: Evolution of the concept, Personal-finance companies, Industrial banks and credit unions, Personal-finance companies, Industrial banks and credit unions, Personal-loan societies, Services and standards, Rates and costs, Changing social conditions, Social significance of consumer credit, Economic significance of consumer credit, Regulation.

Health

HEALTH, HYGIENE, AND HOOEY. W. W. Bauer. (The Bobbs-Merrill Co., New York, 1938, pp. viii 322.) The aim of the book, the author says, is to give practical and fundamental principles underlying the health of the individual who has neither time nor inclination to make extensive studies of health. Chapter contents: The scientific whirl; Swivel-chair hygiene; Good taste in diets; Vim, vigor, and vitamins; Mineral madness; Dispelling dietary dilemmas; Soft soap and skin games; You can sleep!; Brains, bicepts, and bunk; Books, bootstraps, and bashfulness; Health is big business; A fake for every ache; It's your choice; "Who pays the piper..."; All for one and one for all; Life begins before birth; Common sense, preferred; Appendix: They're telling you!

Health

RURAL ELECTRIFICATION NEWS. A summary of rural electrification activities. (Rural Electrification Administration, Washington, D. C., Vol. 4, April 1939, no. 8, 30 p., price 75¢ from Supt. of Documents, Washington, D. C.) This number is devoted to the subject of safety. Titles of articles: Accident prevention in REA projects; Elements of safety on electrical jobs; Protect yourself and your job; Safety-minded men; One killed, 7 disabled on REA projects in month; Have you a safety committee in your home?; Keep your appliances in good order; Wiring--it must be safe and adequate; Accidents don't just happen; Safety education for REA cooperatives; Safety first--an engineering and operating slogan. The article "Protect Yourself and Your Job," by Howard C. Seehausen, takes up safety as a matter of vigilance, explains how to lift heavy weights, says that falls are the cause of most accidents, tells how to protect one's self in the use of electricity, and says that a wise family develops safe habits in using electricity. Remember that water and electricity don't mix. Don't go to sleep with an electric pad turned on. The use of a stand for the electric iron is advised.

Health

PROBLEMS OF MAINTAINING NUTRITION IN THE HIGHLY FOOD-SENSITIVE PERSON. Walter C. Alvarez. (The American Journal of Digestive Diseases, Vol. 5, No. 12, pp. 801-803, February 1939.) The author discusses the difficulty of maintaining nutrition in a highly sensitized person. He says there is a decided distinction between a fully well person and a person who is sensitive to food, and this can soon be recognized by the physician. He then tells ways of helping such sensitive people in getting an adequate diet, and points out the difficulties brought about by the fact that foods are not always properly labeled to show their content. About 60 percent of Americans are somewhat food sensitive, and perhaps 2 percent are highly food sensitive.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 369. June 7, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management — BUDGETS, BUDGETS EVERYWHERE. An account of three systems in general use. Harry S. Glassman. (Practical Home Economics, Vol. 16, No. 12, pp. 467, 486, and 488, December 1938.) A discussion of budget systems and books on this subject.

Management — THIN-BOILING AND OXIDIZED STARCHES. Dr. J. R. Katz. A research of U. S. Institute for Textile Research. (Textile Research, Vol. 9, No. 4, pp. 146-154, February 1939.) Oxidized and thin-boiling starches caused by acids are discussed. A technical article which explains how alkalies and acids make a difference in the fluidity or viscosity of starches. The starches discussed are corn, sago, rice, and sweetpotato.

Management — CONSUMER EDUCATION SEEN NATIONAL NEED. (Woman's Wear Daily, Vol. 58, No. 65, pp. 2 and 30, April 4, 1939.) At the National Conference on Consumer Education held at Stephens College, Columbia, Mo., Mr. Harold S. Sloan said that at the bottom of several levels of activity and accomplishment in consumer education is "buymanship," and that "good buymanship" means getting the maximum satisfaction from the money we spend. What is needed is to put the individual buyers in possession of independent and presumably authentic information regarding a wide variety of commonly used goods and services offered the public. He explained what intelligent buying is, and in closing said that "today, economic questions of far-reaching significance are constantly being placed before the people for decision, not by way of the ballot box necessarily but by appeals to consumers."

The Child

MY CHILD SIMPLY WON'T EAT. Ruth Peck McLeod. (Hygeia, Vol. 17, No. 2, pp. 116-118, February 1939.) This article tells how to influence a child to eat properly. It says, among other things, that the child should have its evening meal at a regular hour whether the other members of the family are at home or not. This practice should be adhered to, to prevent his eating between meals, which will cause loss of appetite when he comes to the table. It warns against arguments or heated discussion while the child is eating, and says that manners should be taught, but children should not be chided continually about how they sit or hold their table silverware. It also speaks of the effect of colds and other afflictions on the appetite of the child. To improve the appetite of the child, he should have plenty of sleep, an abundance of fresh air, sweets only for dessert at mealtime, a regular schedule, raw fruits and vegetables containing vitamin C, changes in his menu, and pleasant topics of conversation at the table.

The Child

LATER DEVELOPMENT OF CHILDREN SPECIALLY TRAINED DURING INFANCY. JOHNNY AND JIMMY AT SCHOOL AGE. Myrtle B. McGraw. (Child Development, Vol. 10, No. 1, pp. 1-19, March 1939.) This article reports the development of Johnny and Jimmy, twins who were studied in 1932 at the Columbia-Presbyterian Medical Center, when one of the twins was given special training, while the other was allowed to develop naturally in such activities as tricycling, skating, sliding, getting off pedestals, jumping, and similar play. At present Johnny usually manifests greater motor coordination and daring in physical performances, while Jimmy, who did not have the special training, is more awkward and timid, as he was several years ago. It says "The two boys today present the picture of lively, normal 6-year-old children who show no deleterious sequelae of the different regimes to which they were subjected during the first 2 years of their lives."

The Child

PSYCHOANALYTIC PSYCHIATRY AND CHILD STUDY. Bernard Glueck. (Child Study, Vol. 16, No. 2, pp. 40-42, November 1938.) This article gives a history of the Child Study Association of America and its objectives during the different periods of its existence. For instance, mental disease at one time came to be of paramount interest to the group because it was then just recognized as an expression of failure of adaptation to the requirements of living in association with others. It says at present the association hopes to relieve, through healthy child-parent relationship and a healthy family life, the difficulties of having to learn in later life at the expense of a great deal of effort and pain things which should have been learned and could have been learned easily in nursery days. Also there was hope that adults might avoid by proper training an undue sense of inadequacy in the face of new situations which cause an exaggerated tendency to cling to others for support.

Education

SOCIAL PSYCHOLOGY OF EDUCATION. Applications of Social Psychology to Educational Problems. A. O. Bowden and Irving R. Melbo. (McGraw-Hill Book Co., Inc., New York, 1937, pp. xv 296.) This book is designed to assist in teacher-training programs in universities and colleges. It may be used in direction and management of many kinds of courses. Chapter 3 takes up attitudes and values; chapter 4, personality; and chapter 7, rumor, gossip, innuendo, and propaganda; while chapter 8 considers public opinion.

Education

EDUCATIONAL BOOKS OF 1938. Joseph L. Wheeler and Marion E. Hawes. (School and Society, Vol. 49, No. 1266, pp. 389-405, April 1, 1939.) A bibliography of books on education published in 1938. Under the heading Business, Industrial, Professional, and Vocational Education are listed the new books in the field of home economics. There are also lists of books on Health, Safety, and Physical Education, on Adult Education, and on Visual and Radio education.

Education

BEST METHODS OF STUDY: A Practical Guide for the Student. Samuel Smith. (Barnes & Noble, Inc., New York, 1938, pp. 132.) This book is designed for the colleges and senior high schools, but it may be used as a reference book for those desiring to improve their technique in study. Chapter contents: The importance of efficiency; Reading; Underlining; Note-taking; Outlining; Reviewing; Writing; The library and reference books; Studying English; Minimum essentials in punctuation; Studying the fine arts; Studying foreign languages; Studying mathematics; Studying philosophy, religion, psychology; Studying the physical and biological sciences; Studying the social sciences; Interpreting visual aids; and Concluding hints.

Education

ADULT EDUCATION IN HOMEMAKING. L. Belle Pollard. (John Wiley' Sons, Inc., New York, 1939, pp. xiv 272.) This book, written by a supervisor of home-making education for adults is not a course of study, but a textbook to use in classes for adults and in training teachers. The material for the book was gathered in the course of several years of work in teaching such classes and in promoting and supervising programs. Chapter headings: Family-life education programs, Objectives, Values of adult education in home and family life, Methods to create and maintain interest, Discussion as a method of teaching, Mechanics of schedules for adults, Evaluation of learning, Teachers of adults, Other programs.

Clothing and Textiles

RECENT DEVELOPMENTS IN THE DETERGENT FIELD. J. B. Crowe. (American Dyestuff Reporter, Vol. 27, No. 24, pp. 690, November 28, 1938.) This article tells of the new fats introduced into the making of soap, such as Tall oil, derived from the waste liquors of the paper industry, and of other synthetic detergents.

Clothing and Textiles

NEW USES FOR COTTON. A Proposed Research Program. A. R. Macormac. (American Dyestuff Reporter, Vol. 28, No. 3, pp. 54-58, February 6, 1939.) An article pointing out the possibility for new uses for cotton and the problems involved in making new products. It also takes up methods of treating cotton, such as mercerization, conversion of the outer layer of the cotton fiber to a cellulose ester or ether to increase the luster of the cotton, also other methods of increasing luster. It also tells what investigations have been carried on in making use of the whole cotton plant. In this instance it is usually transformed into cellulose pulp.

Clothing and Textiles

STEAMING SILKS. Chas. H. Bokoske. (The National Cleaner and Dyer, Vol. 30, No. 4, pp. 22, April 1939.) This brief item tells how dry cleaners sometimes steam materials like silk in order to bring out stains which they might otherwise miss. If the steaming is done before spotting, albumen, salad oil, and similar stains are set in the garment, making their removal more difficult than if steamed after spotting. It is better for the less skilled cleaner to steam garments after the preliminary spotting.

Clothing and Textiles

PROGRESS REPORT OF SUB-COMMITTEE ON PERMANENT FINISHES. K. H. Barnard. (Quarterly Research Number, American Dyestuff Reporter, Vol. 27, No. 21, pp. P567-P568, October 17, 1938.) This report says that the term "permanent" is misused, and suggests the phrase "resistant finishes" or "finishes fast to washing." It tells the effects of washing tests on specially finished goods and says that the loss of weight should not be more than 10 percent in five washings; the loss of stiffness and resiliency, not more than 5 percent; there should be no loss of luster, and the thickness should not vary 10 percent in articles having so-called permanent finishes.

Clothing and Textiles

ZIPPERS ON SUMMER SUITS. (The National Cleaner and Dyer, Vol. 30, No. 4, pp. 22, 4 illus, April 1939.) This brief article tells how to press men's summer suits which have zipper closings.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 370 June 14, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Equipment — CUT GLASS AFTER TWO THOUSAND YEARS OF EXPERIMENT. W. W. Winkworth. (Arts & Decoration, Vol. 49, March 1939. No. 6, pp. 25-27.) This article is designed to give one an appreciation of cut glass both old and new. The illustrations show technique of cutting some of the articles described.

Equipment — FACTS YOU SHOULD KNOW ABOUT EQUIPMENT. (Practical Home Economics, Vol. 16, October 1938, No. 10, pp. 398.) This article points out eight kinds of deterioration to which equipment is subjected: 1. Wear and tear due to friction, impact, and other forces. 2. Deterioration from cleaning, due to action from contact with food. 4. Deterioration from cleaning, due to action of chemicals and abrasives. 5. Deterioration from effects of atmosphere and moisture. 6. Loss of sanitary properties, due to accumulation of dirt in inaccessible places and the wearing off of tinning or plating. 7. Mechanical wear. 8. Loss of useful properties, such as the loss of refrigerating efficiency when air begins to leak into refrigerators, and the like. It says in conclusion: "Know what you are buying--know the dimensions, gauges, and qualities of metal, details of construction, etc."

Equipment — COMMON SENSE IN HOME DECORATION. Carl Maas. (Greenberg: Publisher, New York, 1938, pp. 350, illus.) This book, says the author, is written for women of America, and the hope is that it may help them to solve their everyday home-furnishing problems. The only styles discussed are those that are readily available in reproductions. Also problems of cleaning woodwork, fabrics, and floor coverings are discussed. Chapter headings: Furniture arrangement, The decorative scheme, Furniture, Color, Wall treatments, Floors and floor coverings, Fabrics, Draperies and glass curtains, Lighting and lamps, Accessories.

Health YOUR VOICE. Chevalier Jackson and Chevalier L. Jackson. (Hygeia, Vol. 17, February 1939, No. 2, pp. 110-112.) This article on the speaking voice explains how the throat may be injured through excessive talking, talking too loud, and in too noisy places. It also tells of the effect of alcoholic beverages on the throat, and explains how to care for the throat and voice when it has been subject to strain.

Health THE FAMILY AS A UNIT FOR NURSING SERVICE. Helen Bean and Georgia S. Brockett. (Public Health Reports, Vol. 52, December 31, 1937, No. 53, issued weekly by the United States Public Health Service, United States Treasury Department, Washington, D. C.) This booklet contains a section on the family as a unit for nursing service. The authors of this part tell of the things that the visiting nurse or any other visitor intending to help the family should observe. These include the condition of the home, the health of the other members of the family, and other health requirements. It reports what has been done by various visiting nurse services in this respect. Some of the observations to be made to which attention is called may be suggested to home demonstration agents making home visits.

Health NICOTINE ACID AND PELLAGRA. Jane Stafford. (Science--Supplement, Vol. 89, April 7, 1939, No. 2310, pp. 12.) This article reports the advance made in the conquest of pellagra and the treatment by means of nicotinic acid. It says, however, that other diseases having similar symptoms may need to be treated with other chemicals such as the new synthetic vitamin B and flavin. Both these and nicotinic acid can be had from food. Therefore it is important to have a good diet for pellagra prevention. This disease occurs among people of inadequate diet because of illness, chronic alcoholism, or addiction to diet fads, as well as among those who are poverty stricken.

Health LIVING SAFELY. Earl C. Bowman and Paul F. Boston. (The MacMillan Co., New York, 1938, pp. 177, illus., paper binding.) A textbook on safety education which says that though we do not know as much as we should about the way to inculcate desire for safety, it is evident that one of the important factors in doing this is to let the learner participate cooperatively with others in helping make conditions safer. The book attempts to do this. Chapter headings: The need for safety education, Safety in the home, First aid, Fire prevention, Safety while we play, Safety in the school building, Safety on the farm, Health and disease, Motor-vehicle safety, and A thought in conclusion.

Personal THE AMERICAN FAMILY TODAY. A.A.U.W. groups picture what is happening to the family in a changing society. Harriet Ahlers Houdlette. (Journal of the American Association of University Women, Vol. 32, April 1939, No. 3, pp. 136-142. A report of a study begun a year ago by the American Association of University Women on the subject "The American Family in a Changing Society." In the study, 23 States in all sections of the country and all sizes of community are represented, from the small town to the large city. The study showed, for instance, that the baking of bread has largely left the home, only 29 percent of the women reporting that they bake at all. Of the entire group seventy-nine percent launder; seventy percent can their fruits and vegetables for winter use; 83 percent make jellies; 53 percent make their own clothes; and 44 percent make their children's clothes. The most commonly owned electrical appliance is the radio, used by 98 percent of those reporting. The electric iron is owned by 97 percent, vacuum sweeper by 74 percent, electric refrigerator by 77 percent, electric washer by 63 percent, automobile by 81 percent. A difficulty reported was that of finding tasks suitable for children. Fifty percent said that the use of modern household equipment does not react adversely on the home, and 20 percent thought that it does. A strong feeling was expressed against women with small children spending regulat daily working hours away from home. Forty-three percent would like more children if there were greater economic security. Questions as to the relation of the school to the home brought answers that showed these parents expect to accept the responsibility for character building, social training, instruction in religious and moral standards and health habits. They believe the task of the school is definitely in the field of subject matter. They are of the opinion that the schools are not making use of all the parent power they might call upon were there more avenues of cooperation between school and home open.

Personal THE SOCIAL SCENE AND PERSONAL ADJUSTMENT. Edmund DeS. Brunner. (Occupations, Vol. 17, April 1939, No. 7, pp. 581-585.) A discussion of the adjustment of the individual to conditions brought about by accumulated economic and social problems. It points out some of the new problems and some suggestions for handling them in vocational counselling. Topics: The family on relief, Rural youth employment, Two mistakes of business, Scope of the problem. Among other things, it says in terms of youth, our present difficulties seem to press more heavily on rural than on urban residents. One of the two mistakes in business is that the effect of the huge concentration of wealth and power represented in our large corporations has been to concentrate leadership and thus limit opportunity.

The Child

CHORES, WORK, OR FUN? Bess Naylor Rosa. (National Parent-Teacher, Vol. 33, April 1939, No. 8, pp. 9-11.) A series of case studies or reports discussed by the author. It points out the effect of various home situations on the attitudes and development of the child. For one thing, it says that when the child is allowed the dignity of taking his share of the responsibilities, he takes more pride. The effect of routine as well as responsibility is mentioned as developing the character of the child.

The Child

GUIDING MENTAL DEVELOPMENT. Beth L. Wellman. (Childhood Education, Vol. 15, November 1938, No. 3, pp. 108-117.) The questions answered in this article are: Can enriched and extended environments bring about increases in IQ? What are the effects of unfavorable environments on IQ? It explains how mental development suffers when children are deprived of the guidance usually provided by parents in family life. In such instances whole areas of learning were cut off from their experiences. Children in institutions had no opportunity to learn about household equipment or the mechanics of home living. Good nursery schools enrich the intellectual experiences even of children fortunately situated in regard to family life. It is possible to make conditions so bad that there will be large decreases in IQ at preschool ages. Differences in intellectual growth have been found in different elementary school systems. Some are more intellectually stimulating than others. The best type of mental growth is not accomplished by putting the child through paces like a race horse, or by practicing something over and over. It is accomplished in part by providing the child with the opportunity for a life rich in experiences. There is really no satisfactory substitute for association with other children of high ability. Freedom from personality difficulties, such as jealousy, lack of self-confidence, and shyness, leaves the child more free to make the most of experiences that are offered.

The Child

SOCIAL PSYCHOLOGY OF ADOLESCENCE. E. DeAlton Partridge. (Prentice-Hall, Inc., New York, 1938, pp. xv 361.) The writer says that her aim is to bring to the student of adolescent behavior an understanding of that area between sociology and psychology that is known as social psychology. The implications of this book reach beyond adolescence, and should result in a better understanding of human behavior in general. Chapter headings: Introduction, Young people in America, Approaches to adolescent behavior, The nature of the individual, The social implications of individual differences, The nature of the informal group, The influence of adolescent leaders, How the group influences the individual, Relationships between the sexes, Young people in the family, The adolescent and leisure time, The adolescent and the community, The adolescent and the educational process, The social psychology of delinquency, The social approach to behavior difficulties.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 371

June 21, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Equipment

LIGHTING REQUIREMENTS IN THE AVERAGE AMERICAN HOME OF 1938. Mariquita Dygert. (Transactions of the Illuminating Engineering Society, Vol. 33, November 1938, No. 9, pp. 839-858.) The summary of this article says that it is a discussion of some of the factors that have contributed to the gradual growth in home lighting. By contrast are shown requirements the homemaker considered adequate in the average home of 15 years ago, as against the requirements the homemaker considers adequate for good lighting of the present day. This is followed by a short discussion of good present-day equipment and a few of their applications in the modern home. Diagrams of types of light fixtures are included.

Equipment

THE REFRIGERATING DATA BOOK. American Society of Refrigerating Engineers. (The American Society of Refrigerating Engineers, New York, 1939, pp. 520 134.) The fourth edition of Volume 1, Refrigerating Principles and Machinery, of this handbook. It is divided into the following parts: Introduction, Refrigerants, Heat flow and insulation, Air conditioning, Properties of foods, Domestic-commercial machinery, Industrial machinery, and Controls and power.

Equipment

FLOWERS: EAST-WEST. J. Gregory Conway in collaboration with Elinor Wallace Hiatt. (Alfred A. Knopf, New York, 1938, pp. x 336 vii. 88 black and white, and colored plates.) A book for those interested in flower arrangement.

Equipment

WHAT ARE THEY WORTH? Grace McIlrath Ellis. (Country Gentleman, Vol. 109, May 1939, No. 5, pp. 49 and 86.) A discussion of old-fashioned dishes, tea sets, and other tableware, which is intended to give the reader an appreciation of the value of certain family relics. It explains the marks of American pottery and of English ware.

908-39

Housing

AMATEUR HOUSING IN SWEDEN. Cicely Hamilton. (Journal of the Royal Society of Arts, No. 4503, March 10, 1939, Vol. 87, pp. 441-443.) The author tells of a house he visited in Sweden, built by its owner with his own materials and labor. The Stockholm "Cottage Movement" in Sweden is also described.

Housing

KITCHENS. (House and Garden, Section II, Homebuilder's Guide, Vol. 75, March 1939, No. 3, pp. 30 and 31.) An article showing good types of kitchen plans and the track track patterns made in working in them. It discusses materials for kitchen wall coverings and for sink and work tops; also sink centers, refrigerator centers, and range centers.

Housing

TRANSMISSION OF SOUND BETWEEN NEIGHBORING ROOMS IN A BRICK BUILDING. J. E. R. Constable. (Proceedings of the Physical Society, Vol. 51, part 1, January 1939, No. 283, pp. 53-61.) A report of an investigation on the transmission of sound between adjacent rooms in a brick building. The conclusions reached were that the thickness of the wall had a great deal to do with transmission of sound, and it helped very little to make inside walls thicker than the outside walls, or to give them special insulation, when a great deal of the sound is transmitted by the outside walls. Sound is often transmitted much more indirectly than directly; all means for transmission, therefore, have to be taken into consideratio

Housing

HYGIENE OF HOUSING. Report of the Subcommittee, presented to the Committee on Research and Standards. (Supplement to American Journal of Public Health, Vol. 29, No. 2, February 1939, pp. 27-29.) The ninth annual yearbook of the American Public Health Association. Solving the housing problem is the role of the Public Health Committee on the Hygiene of Housing which was established in 1936. The program on housing is included in the report. It has been decided that major effort be concentrated on the development of a program for the effective cooperation of health officers in the housing program. Most of the work will be in urban areas. Studies and investigations are to be taken up in the fields of heating, ventilation, lighting, noise control, home safety, recreation, and social aspects of housing. The chairman of the committee is C. E. A. Winslow.

Management LET'S WASH THE DISHES. (Consumers' Digest, Vol. 5, April 1939, No. 4, pp. 49-52.) This article explaining how to wash dishes, discusses sanitation, energy, time, and cost, and says in conclusion: "Hand washing of dishes insures 100 percent removal of food soils by a careful operator. It may be unsanitary through lack of care of dish cloths and dish towels (when used), and lower water temperatures." The spray method leaves a film on the dishes that neither further spraying nor towel polishing can remove. The machine method of dishwashing is the most expensive but has several advantages over hand washing. There is better sanitation.

Management SUGGESTED CONSUMER SPECIFICATIONS FOR SIX CLASSES OF HOUSEHOLD BLANKETS. Margaret B. Hays. (Rayon Textile Monthly, Vol. 20, February 1939, No. 2, pp. 71(95)-73(97).) A report of research done in the Bureau of Home Economics of the Department of Agriculture. A list is given of the kinds of blankets tested, as well as a table showing the physical analysis of these six classes of blankets, and proposed specifications for them. The author concludes: "The specific demands for blankets vary from consumer to consumer. One may need a very warm blanket. Another may want an attractive color combination or binding for her guest room. Someone using a sleeping porch wishes a closely woven blanket that has very low air permeability. A classification and an established standard of the kind here proposed would help the shopper to judge hidden value and enable her to obtain the kind of blanket she needs at a price she can afford."

Management CONSUMER COMPLAINTS CONSIDERED BY CAKE BAKERS. Philip A. Seitz. (Bakers' Helper, Vol. 71, February 4, 1939, No. 875, pp. 214-217, and 250.) This article presents the criticisms, made by homemakers, of bakery cakes and the methods of marketing them. It says that the housewife does not expect enough from her baker; what she wants is a good cake, suggestions for dessert, a variety to choose from, and cakes that are economical to buy. These desires were compiled from numerous consumer complaints. The author says that cakes should not be all one price level, because some people are able and willing to pay more for good cakes than others. In general, frostings are poor. Units should be smaller in size because the housewife likes to buy for one meal. Cakes should be packaged, because they take on the flavor of the container. Labeling and some consumer surveys are discussed. The author advocates telling the housewife the composition of the cake.

Food and Nutrition

BAKER, BAKERY OPERATIONS, AND BACTERIA. H. B. Richie. (American Society of Bakery Engineers, Chicago, Ill., Bulletin No. 119, April 1939, pp. 451-455.) In this article on bakery operation, the author discusses sourness, rope, moulds, food-borne infections, and other miscellaneous defects of bread. He also given recommended cleaning procedures. Regarding "rope" he says this commonly appears about 12 hours after the loaf has reached the oven and most often in the autumn months or in climates with high humidity. Bacteria-producing rope might be imported through contaminated water, such as that coming from a well in which surface water is gaining access. It has been shown that if attention is given to the faintly acid reaction normally in bread, rope often does not develop, although an appreciable number of the rope-producing spores may be present. It does not develop in fruit cake, whereas the same flour when used in making a loaf of bread may cause it to develop. A bakery infected with rope may contain spores of the organism throughout the entire plant and atmosphere.

Food and Nutrition

THE NUTRITIVE VALUE OF WHEAT FLOUR AND BREAD. Editorial. (The Journal of the American Medical Association, Vol. 112, April 15, 1939, No. 15, pp. 1461 and 1462.) This editorial discusses the findings of research on the nutritive value of wheat flour in bread. It says that the loss of iron in the process of milling wheat is of considerable importance. The iron present in whole-wheat meal is well absorbed in the human body and is efficiently used in the regeneration of hemo-globin. Although much of the nutritive value of wheat grain is sacrificed by the modern process of milling, the predominant use of cereals in the dietary is justified. Bread, therefore, should be used and suitably supplemented with other foods, for bread is an economical source of certain food factors.

Food and Nutrition

TEN LESSONS ON MEAT FOR USE IN SCHOOLS. (Fourth edition.) Prepared by the Department of Home Economics, National Live Stock and Meat Board. (National Live Stock and Meat Board, Chicago, Ill., 1939, pp. 124, illus.) Contents: Meat, physical structure and chemical composition; The nutritive value of meat; Feeding the family for health; Identification and selection of meat; Methods of meat cookery--roasting; Methods of meat cookery--broiling and panbroiling; Methods of meat cookery--braising; Methods of meat cookery--stewing and simmering; Meat specialties, lard, and sausage; The art of carving.

Food and Nutrition

PRUDENCE PENNY'S COOKBOOK. Prudence Penny. (Prentice-Hall, Inc., New York, 1939, pp. viii 385.) A cookbook.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 372. June 28, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension — ADULT EDUCATION. Report of the Regents' Inquiry. F. W. Reeves, T. Fansler, and C. O. Houle. (The Regents Inquiry, McGraw-Hill Book Co., Inc., New York, 1938, pp. xvi 171.) Pages 25 to 30 of this book contain a description of the Extension Service set-up in New York State.

Extension — RURAL SOCIOLOGY EXTENSION IN THE AGRICULTURAL COLLEGES. A. F. Wileden. (Rural Sociology, Vol. 4, March 1939, No. 1, pp. 43-57.) This article gives the history of rural sociology extension work in agricultural colleges preceding the passage of the Smith-Lever Law and until the present time.

Extension — OHIO RURAL WOMEN'S EXTENSION PROGRAM. Lucile Smith, editor. (The Ohio Farmer, Vol. 183, April 22, 1939, No. 8, pp. 12.) A report of Achievement Days in Ohio in which 72,000 women participated last year.

Extension — MARICOPA COUNTY FARM HOMEMAKERS FORM COORDINATING COMMITTEE. (Arizona Producer, Vol. 17, No. 20, pp. 5, January 1, 1939.) This short item tells how the women of Maricopa County, Ariz., have been coordinating the activities of the homemakers' clubs and similar groups in the 13 communities in that county.

Extension — "COOKING" CAKES SAVED THE HOMESTEAD. Raube Walters. (The Progressive Farmer, Vol. 54, No. 4, pp. 56, April 1939.) Tells how a woman has made $12,000 since 1930, by baking cakes which she sold in the Durham County Market, North Carolina. Her business is carried on with the advice of the county home demonstration agent.

The Child

CONSCIOUSLY OR UNCONSCIOUSLY. Cameron Duncan Ebaugh. (Social Forces, Vol. 17, No. 3, pp. 405-410, March 1939.) This article concerns itself with the proper development and control of the child's emotional life, which responsibility is one of the most significant for the modern parent. It points out the great amount of misinformation, if not actual ignorance, that exists concerning the proper environment for children. Parents often think that what is stimulating for themselves must likewise be stimulating for their children. Children need to have the objects they play with become a part of their everyday life. Parents often do not recognize this factor in selecting toys. How groundless fears and "peeves" of adults are built up in childhood through someboyd's carelessness, and how punishment is often the climax of many acts that have been encouraged by parental vacillation and indulgence, are discussed. The problem of leading children to face their conflicts intelligently and become constructive in their efforts as against finding satisfaction in flights from reality, is taken up, and how undesirable emotional habits may be eliminated by unconditioning. The author closes by saying, "The child's successful adjustment now is the only thing that even approaches a guarantee of successful and happy adulthood."

The Child

RATING WITH THE GROUP. Gertrude Chittenden. (National Parent-Teacher, Vol. 33, No. 7, pp. 9-11, March 1939.) A discussion of the needs for social contacts by young children, which explains some of the adjustments that children have to make during the process of growing up. For instance, the girl who gets what she wants by weeping at home will find that such behavior brings a lot of laughter from her comtemporaries. It also tells something of how to help the child develop his own social group and to become adjusted to it.

The Child

CLOTHING THE CHILD. Florence E. Young. (McGraw-Hill Book Co., New York, 1938, 256 pp. Abstracted in Child Development Abstracts and Bibliography, Vol. 13, No. 2, pp. 121, April 1939.) This book on the history of children's costume from the origin of clothing to the twentieth century, is illustrated with famous paintings, album photographs, and sketches of museum pieces. Part II discusses the psychological effects of clothing upon children. Part III takes up the physiological aspects of children's clothing along with its effect upon correct posture, bodily temperature, and skin function. The fourth part deals with the artistic aspect of children's clothes.

Food and Nutrition

LOW FAT EVAPORATED MILK IN INFANT FEEDING. A. C. Edwards. (Wisconsin Med. Jour. 37:1004-1006, 1938. Abstracted in Child Development Abstracts and Bibliography, Vol. 13, No. 2, pp. 73, April 1939.) The author proposes a formula for the modification of evaporated milk in order to overcome such difficulties as vomiting, obesity, and allergy of infants who are fed concentrated evaporated milk.

Food and Nutrition

HOUSEHOLD STORAGE OF FRUITS AND VEGETABLES. R. E. Robinson. (Dominion of Canada Department of Agriculture, Ottawa, Canada, Pub. 632, cir. No. 138, pp. 8, December 1938.) This bulletin describes fruit and vegetable storerooms for dwelling houses. Selection of fruits and vegetables for storage, the variety, care and harvesting, containers and temperatures, importance of periodic inspection while in storage, special preparation when necessary, are topics discussed.

Food and Nutrition

THE UTILIZATION OF SOFT-WHEAT FLOUR. H. M. Simmons. (Cereal Chemistry, Vol. 16, No. 2, pp. 182-188, March 1939.) After listing the uses of soft-wheat flour, the author takes up each class in detail to see how well the products are standardized. In conclusion, he says that soft-wheat flours find their outlet in a multitude of products, and only in a few cases have fairly definite standards been set up for them. The setting of standards for such products will aid greatly in the milling of soft-wheat flour and encourage the use of these flours on a more extended scale.

Food and Nutrition

ASCORBIC ACID CONTENT OF TOMATOES AS AFFECTED BY HOME CANNING AND SUBSEQUENT STORAGE, AND OF TOMATO JUICE AND FRESH ORANGE JUICE AS AFFECTED BY REFRIGERATION. Olive E. McElroy, Hazel E. Munsell, and Mabel C. Stienbarger. (Journal of Home Economics, Vol. 31, No. 5, pp. 325-330, May 1939.) A report of a study of tomatoes as a source of vitamin C. Previous reports are cited, and then the authors discuss the effect of home-canning procedures, effect of storing under different conditions, and the effect of storing in open containers in a refrigerator. In the summary, they say that canning tomatoes by either the hot-pack or cold-pack method caused no significant loss in ascorbic acid content of the tomatoes. Increasing the processing time also did not affect this vitamin. There was loss when tomatoes were stored in glass jars for 6 months. There was little loss in storing commercially canned tomato juice in loosely covered containers in a refrigerator for 4 days.

Equipment ILLUSTRATIVE MATERIALS AND SUGGESTIONS FOR THE TEACHER OF HOME FURNISHING. Walter Murray. (Practical Home Economics, Vol. 17, No. 3, pp. 71, 72, 94, 96, March 1939.) This article on illustrative material for use in teaching home furnishing takes up the subject of advertisements, filing systems, methods of mounting, the use of the lantern, classification of pictures, display rack, and lists practical equipment such as paint manufacturers' color cards, calcimine and other wall finish, color cards, blue prints of house plans, swatches of tapestry and of upholstering materials, rubber cement, free booklets from manufacturers, builder's materials, reproductions of famous paintings, photographs of furniture and interiors. It recommends visiting a new house almost ready for occupancy which may be on display.

Equipment DON'T FURNISH IN HASTE. Estelle H. Ries. (Better Homes & Gardens, Vol. 17, No. 2, pp. 62 and 63, October 1938.) A discussion of the selection of furniture for the home in which economy must be considered. It recommends that the buyer for the home sit down and think out what she is going to need instead of rushing to every bargain sale. Things to be considered are: Will the furniture suit the location, the tastes, age, temperament, and habits of the family? It recommends that, instead of buying everything needed at once, purchasing begin by supplying essentials that are simple and of good quality, which later can be shifted from one room to another, as better and more permanent pieces can be obtained. For example, inexpensive wicker chairs will do for the living room for awhile, and then may go to the children's room or to the sun porch. In this way, the homemaker will be learning by actual experience rather than theory what is really needed in each room.

Equipment CLEANING OF METALS. (Consumers' Digest, Vol. 5, No. 4, pp. 42 and 43, April 1939.) A report from "Housecleaning Methods" by Esther Pond, Extension Service, State College of Washington. It tells how to clean silver, brass, enamelware, nickel, and aluminum.

Equipment PLATED SILVERWARE. (Consumers' Research Bulletin. Vol. 5, No. 8 - Vol. 8 No. 3 of the General Bulletin series, pp. 10-12, April 1939.) This article compares the wearing quality of various makes of plated silverware. It explains the meaning of terms such as A1 or standard; A1-, A1X or extra. Two troy ounces of silver, worth 90 cents, are required to plate 1 gross of teaspoons of A1 grade; tablespoons and dinner forks require twice as much per gross. Therefore on a plated teaspoon of the best grade there is only about 3 cents' worth of silver used. Instructions are also given for cleaning silverware.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 373 July 5, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

General

TECHNIQUE FOR DISHWASHING. Helen B. Ames. (The Parent's Magazine, Vol. 14, No. 2, pp. 39 and 58-59, February 1939.) The author tells how to manage dishwashing so that cleaning up after a meal will not seem drudgery. Reasons are given for each step outlined. For example, the reason that it is better to start with glassware and silver is that they must be wiped to prevent streaking, while the china may be left in the drainer to dry by itself, after rinsing with scalding water. A reason given for dislike of dishwashing is the feeling that it must be done the minute the meal is finished with no time to sit and chat leisurely over a second cup of coffee or to listen for a few minutes to a favorite radio program. There should be no rigid rule that cannot be broken.

General

200 QUESTIONS AND ANSWERS. The questions asked of consumers--the answers verified by Macy's Bureau of Standards in radio meetings of the Consumer Quiz Club of the Air. (R. H. Macy & Co., Inc., New York, 1939, pp. 45.) This bulletin is made up of questions and answers which seem to have been prepared by the author of the bulletin. They deal with such matters as, "What is weighted sterling silver? What care should you give your awnings? Why aren't new towels as absorbent as towels that have been laundered?"

General

THE HOME ECONOMIST IN THE COMMUNITY HEALTH PROGRAM. H. D. Chope. (Journal of Home Economics, Vol. 31, No. 5, pp. 289-295, May 1939.) This article recommends that teachers of home economics, in order to contribute to a community health program, should become familiar with local and State public health programs and make friends with the people who administer them if she wishes to be of assistance.

Health MATERNITY NURSING IN RURAL HOMES. Marion W. Sheahan. (The Milbank Memorial Fund Quarterly, Vol. 17, No. 2, pp. 113-127, April 1939.) A report of studies made in New York State on maternity nursing in rural areas. The character of the counties studied, the plan of procedure, and the report of services furnished in each are given. It then says in the summary that the character, geography, population distribution, and the social and economic situation in counties simplify or complicate the provision of a maternity service for delivery more acutely than do those same situations in respect to other services. Actual costs are not yet available.

Health THE INFLUENCE OF THE UPRIGHT POSTURE ON THE METABOLIC RATE. With a note on standards. Rubye H. Tepper and Frances A. Hellebrandt. (American Journal of Physiology, Vol. 122, No. 3, pp. 563-568, June 1938.) A technical article which discusses the influence of the upright posture of man on his metabolism rate. Though there was a variation between individuals, the average increase on standing was 5.71 cals. per square millimeter an hour or 16.25 percent, over that when lying still.

Health FUMIGATION WITH HYDROGEN CYANIDE. (The Journal of the American Medical Association, Vol. 112, No. 16, pp. 1594 and 1595, April 22, 1939.) This editorial, while advocating the use of hydrogen cyanide as a fumigant, points out the necessity of thorough ventilation and gives tests to find if the gas has been entirely removed. By thorough ventilation and testing, toxic effects may be avoided. It says that a furnished house needs to be ventilated longer than an empty one. This is also true of a house which is damp or which contains an unusual proportion of dead space or rooms without windows. Upholstered furniture should be placed in a position to facilitate airing.

Health THE TOOTH BRUSH--ITS USE AND ABUSE. Isador Hirschfeld. (Dental Items of Interest Publishing Co., Inc., New York, 1939, pp. xvi 591, profusely illustrated.) A comprehensive treatise on the care of the teeth. Some chapter headings: The history of oral hygiene and the tooth bruch, The tooth brush in the prevention of periodontal disease, Traumatization or injury of the soft tissues by the tooth brush, Tooth-brushing methods in common use, Tooth-brushing instruction, Qualifications of a satisfactory tooth brush.

Equipment YOUR PRIZEWINNING KITCHENS. (Successful Farming and The Dairy Farmer, Vol. 37, No. 5, pp. 53-55 and 79, May 1939.) A report of a kitchen improvement and planning contest with pictures and floor plans. The stories of the winners are also included.

Equipment ANALYZING ELECTRICAL USES ON THE FARM. S. B. Darnell. (Agricultural Engineering, Vol. 20, No. 4, pp. 153, April 1939.) The author has outlined some mistakes made in rural electrification, such as too little concentrated thought being given to the program of uses of the electricity in the home, and that farm homes have been wired on the same principles as those applied to the village dwelling. The farm should have been treated as a factory or producing unit, as well as a home. In a survey made they found that the producing end of farming as well as the home has the poorest kind of lighting and that lighting standards are far below those in urban communities nearby. In studying farm equipment, it was found that most of the farms were treated just as another residence without thought of what electricity might produce for the business end of farming.

Equipment IT LOOKS AS IF ELECTRICITY HAS COME TO STAY. Melville M. Greig. (The American Home, Vol. 21, No. 6, pp. 49, 98 - 102, May 1939.) This article is divided into two parts - Care and Feeding of Electric Plugs, and, Can Your System Take It? In the first part it tells how to keep the wiring in good repair and in the second, how much of a load one should put on electric circuits in dwelling houses. New equipment on the market is also described.

Equipment LET'S SEE. Julia Kiene. (Capper's Farmer, Vol. 49, No. 12, pp. 34 and 35, December 1938.) This article is on lighting and the avoidance of eyestrain.

Equipment FOOD PREPARATION AND UTILIZATION ASPECTS OF REFRIGERATED LOCKER STORAGES. Sybil Woodruff. (Agricultural Engineering, Vol. 20, No. 3, pp. 105-107, March 1939.) This article discusses freezer lockers, the utilization of freezer stored meats, how vegetables and fruits are frozen, the cost of freezer storage, suggestions for improving locker storage, the nutritive value of frozen foods, and how to safeguard flavor and texture. By tests it has been found that the number of bacteria in frozen meats tends to decrease as freezer storage is prolonged. In 1 month 84 percent of the bacteria in Hamburg steak in the frozen state were killed.

Housing FIRST AID FOR THE AILING HOUSE. Roger B. Whitman. (McGraw-Hill Book Co., Inc., New York, 1934, 1938, pp. xviii 349.) Chapter headings: House heating, Plumbing, Concrete, Painting, Metalwork, Walls, Roofs and windows, Inside walls, Floors, Interior woodwork and tilework, Heatproofing a house, Cellars, Rainfall and condensation, Cleaning: spot and stain removal, Furniture, Insect control, Outdoor damage, Miscellaneous.

Housing THE 1940 BOOK OF SMALL HOUSES. Editors of The Architectural Forum. (Simon & Schuster, Inc., New York, 1939, pp. xiv 239; numerous plans and drawings of elevations and of three described.) Contents: The house of yesterday, The house of tomorrow; Your home - The architect, The realtor, The banker, The landscape architect, The interior decorator; Fifty "don'ts" for the prospective small-home builder; A brief check list of questions; 40 important points in house construction; A portfolio of houses, a portfolio of remodeling; The life of houses; Designs for small houses; Submitted in a competition sponsored by the Ladies' Home Journal; Designs for small houses: Submitted in a competition sponsored by the American Gas Association; Names and addresses of architects whose work is illustrated.

Housing BATHROOMS. (House & Garden, Section II, Homebuilders' Guide, Vol. 75, No. 3, pp. 28-29, March 1939.) This article gives plans for modern bathrooms, illustrated examples of equipment, and the dimensions for the comfortable use of bathroom fixtures.

Housing HOW TO READ A BLUE PRINT. Gerald K. Geerlings. (House Beautiful, No. 5, Vol. 81, pp. 82, 83 and 103, illus., May 1939.) This article consists of a reproduction of a blue print with explanations of all the terms and symbols used in a house plan.

Housing LAUNDRIES. (House and Garden, Section II, Homebuilders' Guide, Vol. 75, No. 3, pp. 32, March 1939.) On this page are plans for good types of laundries with illustrations of equipment.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 374 July 12, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education

THE EXTENSION OF LIBRARY FACILITIES IN RURAL AREAS. Louis R. Wilson. (School and Society, Vol. 49, No. 1265, March 24, 1939, pp. 364-370.) Takes up the problems of the extension of library facilities in rural areas including the distribution of library resources in the United States, agencies providing rural library service, the needs of rural communities for library service, how support for rural library service is to be provided, the role of the land-grant college in rural library extension. In connection with the last-mentioned topic, the author recommends that as many of these institutions as possible add a library specialist to serve jointly the agricultural extension service and the college library staff. It would be the duty of this specialist to confer with extension specialists and county home demonstration agents to aid in preparing and publishing material supporting special programs, and to stimulate interest among undergraduate students in the use of library material.

Education

CAN PARENTS EDUCATE ONE ANOTHER? Mary Shirley. (National Council of Parent Education, Inc., New York, 1938, pp. xii 130.) Report of a study of lay leadership in New York State. It tells how the study was conducted, how professional workers regard lay leaders, how they train them, how the leaders conduct parent study groups and regard their work, also, what parents say they gain from study groups and what they think of lay leaders. The leaders admit a number of failures, such as lack of time for adequate preparation, lack of subject matter and facilities for obtaining it, inability to keep the group on the subject in hand and to curb irrelevent discussion. Lay leaders consider their experience with groups enriching to themselves. They get a sense of satisfaction in doing something worth while and from reading and studying the subject to be presented.

Clothing and Textiles

LET REAL-LIFE NEEDS DETERMINE CLOTHING OBJECTIVES. Jessie M. McVey. (Forecast, Vol. 55, No. 5, May 1939, pp. 214-215 and 249.) A discussion of clothing objectives in the teaching program. It says that real life needs should determine such objectives. The student should be given guiding principles by which she is able to analyze situations and set up tentative solutions for the problems presented. She should be given training that will not only encourage her in her own personal development, but make her a more effective guide for others. She should acquire knowledge, appreciation, and judgment, which will help her meet specific clothing situations.

Clothing and Textiles

PROGRESS IN FLAX AND HEMP. F. G. Brown. (Textile Colorist, Vol. 61, No. 721, January 1939, pp. 12 and 13.) Consideration is given in this article to the possibility of extending the production of flax for making cloth in the United States. The stumbling blocks that must be met are pointed out, but the use of short lengths spun into threads may make more practical the commercial methods involving much machinery that Americans use.

Clothing and Textiles

DYEING VEGETABLE FIBER IN WOOL OR SILK RAYON FABRICS. S. W. (Textile Colorist, Vol. 60, No. 720, December 1938, pp. 814-816.) Discusses the use of exhaustants in mixture dyeing, wool-reserving agents, choice of dyestuffs, and fast-to-light colors.

Clothing and Textiles

PERMANENT FINISHES. R. J. Smith. (American Dyestuff Reporter, Vol. 27, No. 22, October 31, 1938, pp. 605-606, 628-630.) Another report on permanent finishes. The author says that the term "permanent finishes" is a misnomer like permanent waving. A better term would be "durable finish." He then discusses the different finishes that are called permanent.

Clothing and Textiles

PROGRESS IN THE RESIN FINISHING OF TEXTILE FABRICS. Donald H. Powers. (American Dyestuff Reporter, Vol. 27, No. 24, November 28, 1938, pp. 688 and 689.) A review of the methods of finishing textile fabrics with resin finishes. The resins are used for anticrease, printing effects, stabilization, and surface finish. The composition of the resin substances used and how they are applied is explained. In printing these substances are used as a binder for the colored pigments. In stabilization they are used to prevent shrinking and to guard yarns against stretching.

Personal

SHOULD A FAMILY HAVE TWO HEADS? This article will surprise you if you have never analyzed thoughtfully the factors that make a marriage succeed or fail. Paul Popenoe. (Parents' Magazine, Vol. 14, No. 2, February 1939, pp. 20, 21, and 72-74.) Analyzes the factors that make a marriage fail or succeed and determine whether the mother or the father becomes the head of the family, or whether the marriage is a cooperative venture. The author says, if one parent is seriously deficient he cannot hope to hold a genuine equality and his attempt to do so is likely to prove unsatisfactory to himself and to all others concerned. A family can only have two heads when there is a great deal of intelligent division of labor to prevent conflict, waste of time, and hard feelings. There must also be a common goal.

Personal

YOUR INFERIORITY COMPLEX. Few of us attain that perfect balance between the two extremes of actual inferiority and self-importance that constitutes emotional maturity. Paul Popenoe. (The Scientific American, Vol. 160, No. 5, May 1939, pp. 288-290.) An article on the balance between the two extremes of actual inferiority and self-importance that constitutes emotional maturity. It tells, illustrating with famous characters from fiction, some of the inferiority and self-important complexes, these being listed as bluffing, posing, passing it on to others, rationalization, humility, throwing up a cloud of dust, and hitching your wagon to a star. In conclusion it advocates developing your strong points and finding out what you can do successfully and then doing it.

Personal

A STUDY OF THOSE WHO INFLUENCE AND OF THOSE WHO ARE INFLUENCED IN DISCUSSION. Ray Hamill Simpson. (Bureau of Publications Teachers College, Columbia University, New York City, 1938, pp. 89.) This study was an attempt to measure two types of influence which individuals exert in discussion with certain specified purposes, and to determine the relationship between certain individual traits. The result of the study shows that there is a tendency for those most influential in discussion to be least influenced by discussion. The ability to influence is not significantly related to scholastic ability, extremeness of views on the question discussed, or the personality characteristics investigated. In this study, discussion by students of an esthetic problem tended to improve their judgment on the problems discussed.

Personal

MINIATURE FLOWER ARRANGEMENT. Edith Mason and Edith Waas. (The Record Co., St. Augustine, Florida, Florida, 1938, pp. 122, illus.) Contents: Why the miniature, Fundamental principles, Tools and containers, The little flower, Design in the miniature, The value of color, Decorative value, The miniature show.

Food and Nutrition

FOOD AND HEALTH. An introduction to the science of nutrition. A. Barbara Callow. (Clarendon Press, Oxford, 1938, pp. vi 168.) An English book telling in simple language the story of nutrition. Contents: The chemical nature of food, Digestion, Food as fuel, Vitamins and their significance, Scientific standards for diets, The choice of food, Everyday meals, Diets for mothers and children, Food as a cure for disease, Dietetic systems - wise and foolish.

Food and Nutrition

MAKING A CUP OF GOOD COFFEE. (Consumers' Digest, Vol. 6, No. 3, March 1939, pp. 1-5.) This brief article discusses making of coffee. According to one laboratory test reported, the taste of coffee becomes worse and worse as the water used for brewing is harder and harder. Only freshly drawn water that has been allowed to run for some time should be used, and that as soon as it has boiled. Various brands of coffee were discussed.

Food and Nutrition

COOKING FROZEN MEATS AND VEGETABLES. Mariam Williams. (The Farmer's Wife Magazine, Vol. 42, No. 4, April 1939, pp. 12, 14.) The author urges that housewives keep records of the foods they store in freezer lockers, including the age and condition of the meat animal slaughtered, the variety of fruits and vegetables stored, date of freezing and date of use, method of cooking, and comments on quality. She says that this is the way people can learn to cook such frozen foods satisfactorily. A suggestive table for cooking frozen and unfrozen meats is given.

Food and Nutrition

SOME RECENT ADVANCES IN NUTRITIONAL DISEASES. James Finlay Hart. (Medical Record, Vol. 149, No. 9, May 3, 1939, pp. 291-293.) The dangers in restricted diets are discussed, and methods of overcoming them are suggested so that at least the accessory factors of a diet will be supplied. The Eskimo's diet is described, and how men have been living on it for many generations without suffering from any particular deficiency disease.

Food and Nutrition

VEGETABLE CULTIVATION AND COOKERY. Eleanour S. Rhode. (The Medici Society, Ltd., London, pp. viii 275.) The title described this cookbook. The book gives the scientific names and some of the habits and history of the plants discussed.

Food and Nutrition

CALENDAR OF MEAT RECIPES. (National Live Stock and Meat Board, Chicago, Ill., 1938, pp. 40.) A small cookbook.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 375. July 19, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Handicraft — PROCESSES FOR ENRICHING METAL PROJECTS. Emerson W. Manzer. (Industrial Arts and Vocational Education, Vol. 28, No. 5, May 1939, pp. 185-191, illus.) This article explains how to form metal objects like bowls and describes the process of decorating them by cross peening, spot hammering, design stamping, overlaying, and repousse. It also tells how to etch metal.

Handicraft — SCREEN PRINTING. Ralph D. Greene. (American Dyestuff Reporter, Vol. 28, No. 2, January 23, 1939, pp. P37-P41.) A detailed description of the materials and the process used in screen printing.

Handicraft — THE WONDER-WORKING STENCIL. Harry Irving Shumway. (American Cookery, Vol. 43, No. 10, May 1939, pp. 587-594, Illus.) This article tells something of the history of the use of stencils in the decoration of furniture. It describes designs that have been used, tells how the stencils are cut, how to apply the color, and how to use stencils on summer furniture, wall borders, floors, paper, and cloth. It explains how the double stencil is made.

Handicraft — HAND-MADE JEWELRY RATES HIGH IN AMERICAN CRAFTS SHOP. (Women's Wear Daily, Vol. 58, No. 83, April 28, 1939, pp. 9.) This brief item announces the opening of an American handicraft shop in a large Fifth Avenue store. The shop will carry all types of native American handicraft, revealing the broad scope of workmanship available in this country. Representatives of the firm have searched the country for unknown or little-known sources of native craftsmanship. Most of the merchandise obtained is of the decorative home-furnishing type and, so far, has not included costume accessories, but there is a definite interest in such articles. The shop has articles made from glass, silver, shell, palm fiber, metal, mineral, and carved wood.

Food and Nutrition

THE IMPORTANCE OF EMOTIONAL ATTITUDES FOR GOOD DIGESTION. Walter B. Cannon. (Journal of the American Dietetic Association, Vol. 15, No. 5, May 1939, pp. 333-344.) A discussion of what is known at the present time about the effect of emotional attitudes on digestion. It discusses the inhibitory effects of certain nerves on digestion, and reviews some of the research made in the past. In conclusion, he discusses some advice that may be given for avoiding the harmful influence of emotion on the digestive process. One thing recommended is the removal of situations which cause disturbances. Sometimes through repeating a circumstance that incites emotion it may lose its effect and, lastly, he suggests working off the effects of emotion by hard physical labor.

Food and Nutrition

COMMERCIALLY QUICK-FROZEN FOODS, A MODERN INNOVATION. An editorial. (Journal of the American Dietetic Association, Vol. 15, No. 5, May 1939, pp. 374-376.) This article discusses the effects of freezing on foods of different sorts. Oxidation, it says, causes flavor and color changes. It is stimulated by light and heat, but may be checked by cold and blanching. Blanching, therefore, is important in quick freezing of many fruits and vegetables. Low temperatures not only inactivate all micro-organisms, which are the main cause of food spoilage, but they also inactivate the enzymes which are destructive to the quality of the products. The quality of the product to be frozen is of equal or perhaps greater significance than the freezing methods used. The editorial says that Clostridium botulinum cannot develop and grow at the specified temperatures used in quick freezing. It advocates the purchasing only of the quantity of frozen food which can be used in a day or two unless suitable storage facilities are available which will hold the food at a temperature as low as zero to 40 degrees below zero F.

Food and Nutrition

THE UNIVERSAL VITAMIN. (Science--Supplement, Science, Vol. 89, No. 2312, April 21, 1939, pp. 8.) This is a discussion of pantothenic acid known as one of the large group termed vitamin B. It is universal in its function.

Social THE INTERDEPENDENCE OF RURAL AND URBAN WOMEN. Carl C. Taylor. (Rural America, Vol. 17, No. 3, March 1939, pp. 3 and 4.) The author says that instances in which the country woman fails to have certain advantages which are the common lot of the city woman are still numerous but are growing fewer faster than in older civilizations of the world. They are things which can be triumphed over in a large measure. He says that at present one-half of American town and city women were born in the country or were children of parents who were born in the country. This fact is of great significance because it gives to urban people an appreciation of country habits, attitudes, and institutions. Direct marketing in city, at curb and roadside markets is bringing farm and city women into contact and helping to erase differences. Trade centers in towns are becoming more and more cultural centers for both town and rural people. Much of the difference between rural and urban people was done away with by their working together in the Red Cross, in Food Conservation, and Liberty Loan drives during the World War. Welfare, health, education, recreation, and other such agencies are helping to reduce these differences. The radio is important in this respect.

Social MARRIAGE AND FAMILY EDUCATION FOR COLLEGE-AGE STUDENTS. Meyer F. Nimkoff. (Forecast, Vol. 55, No. 5, May 1939, pp. 206-208, 234, 236, and 252.) This article discusses courses in marriage and family life with regard to what should be considered good school work in such a course and the information to be included. The author says that the methods of grading students in such courses are probably wrong; that more weight should be given to progress made by students in the course, and, secondly, on whether or not they show characteristics which would enable them to realize a satisfactory married life.

Social THE RADIO AND RURAL RESEARCH. F. Howard Forsyth. (Rural Sociology, Vol. 4, No. 1, March 1939, pp. 67-77.) The opinion of the author presented in this article is that the radio will consolidate changes in some folk ways of rural recreation. It is reducing rural-urban social distances. This is partly due to the effect of farm broadcasting on city listeners. The radio is reorganizing farmers' use of time. It is also affecting the life of farm women. It is to some extent developing rural class consciousness. In the study on which these findings were based it was found that rural listeners demanded different dialog and music from urban listeners.

Personal — TABLE ETIQUETTE. N. Beth Bailey (McLean). (The Manual Arts Press, Peoria, Ill., 1939.) Nine enlarged illustrations from the book "Meal Planning and Table Service." This is a portfolio of pictures.

Personal — RATING SCALE FOR PERSONAL APPEARANCE. Lillian Navratil, Regina Friant, and Rosalie Rathbone. (Manual Arts Press, Peoria, Ill., 1936, pp. 4.) This rating scale was constructed in cooperation with the members of the Department of Textiles and Clothing and Home Economics Education of Iowa State College, Ames. It is designed to be used in rating personal appearance of the individual as to neatness in dress, personal neatness, effect of foundation garments, and the like. Helpful suggestions supplement the rating scale. They come in sets of 10.

Personal — EDUCATION FOR HUMAN RELATIONSHIPS. Joseph K. Folsom. (National Parent-Teacher, Vol. 33, No. 7, March 1939, pp. 5-8.) An article based on the book "Purposes of Education in American Democracy." It takes up human relationships as discussed in various parts of the book. It defines the term "human relationships" and what are successful relationships, and discusses important elements in preparation for marriage, instruction in housekeeping, keeping a family budget, parenthood; and the fifth stage in human relations, which comes to an adult after his children are grown and he must make certain adjustments in his interests and activities. One of the aspects of preparation for these maturer years is the preparation for grandparenthood. It also tells of the adjustment to be made by the persons of both sexes who never marry. The author says that human relationships require insight into one's own feelings and those of others. This insight can be developed only gradually through wide and free observation and discussion of human behavior in all sorts of situations.

Personal — BUILDING CHARACTER. James Lee Ellenwood. (Parents' Magazine, Vol. 14, No. 3, March 1939, pp. 24-26, 72 and 73.) An article on character building, which says that character is more than conduct. Parents should not think or talk of character vaguely, but have definitely in mind particular qualities which they want to develop in the children. The author tells what some of the aims of his family are: (1) Intelligence. Everything that one can do to make the child alert, thoughtful, and studious will contribute to character building; (2) Self-helpfulness. This is basic in character building, for without it a person is a leaner, not a lifter; (3) conscientiousness; (4) Social sensitivity. The author says that character building breaks tragically if it does not bring people together.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 376. July 26, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management

COSMETIC COMEDY. Lois Mattox Miller. (Condensed from The American Mercury, in the Readers Digest, Vol. 34, No. 203, March 1939, pp. 18-20.) An article on the cost of making cosmetics. It says the tests for a good lipstick are: A melting point that should not be too far above body temperature, ease of removal with dry cloth and soap and water, and uniformity of streak. It says that skin tonics consist largely of plain water and alcohol, and that most cosmetics are compounded according to more or less standardized formulae available to every manufacturer. In some cases manufacturers of paraffin and petroleum products turn out the basic cream by the ton ready for perfuming and packaging under any trade name. The beauty value of a cosmetic can hardly be standardized. Elegant jars and high prices, says the author, can contribute to a feeling of satisfaction which makes the woman feel beautiful and therefore gives her a "lift." It concludes by saying, however, that the intelligent woman will not pay too high a price for "hope."

Management

THE CONSUMER LOOKS AHEAD. Julia Hurd McEldowney. (Rural America, Vol. 17, No. 3, March 1939, pp. 6 and 7.) A consumer article dealing mainly with grading and pricing of manufactured products. It advocates a system of grading using the same series of words or letters, and says that manufacturers need not fear that the labeling of an article as "B" or "C" would destroy its selling appeal, for the consumer hunts an article best suited to her needs.

Handicraft

STITCH PATTERNS AND DESIGN FOR EMBROIDERY. Anne Brandon-Jones. (The Manual Arts Press, Peoria, Ill., 1929, pp. x + 40, illus.) This book treats of decorative stitchery. It is intended to help the worker become independent of printed transfers and designs. The four parts of the book are: Introduction; Method and the guages; Stitches, color, and materials; Plates with descriptive details. Among other things the author says "Geometrical pattern-making is a primitive and natural expression of the love of order, rhythm, and repetition, and where the underlying principles of geometry are ignored, design tends to become poor and unsatisfying, however ornate and elaborate." Some of the most beautiful embroidery in the world is of geometrical design.

Handicraft

STENCILING. Adelaide Mickel. (The Manual Arts Press, Peoria, Ill., 1920, pp. 62, illus.) A paper-backed book which tells how to make and use stencils. The contents include: Designing a stencil, Stencil papers, Transferring the design, Methods of stenciling, Oil colors on fabric, Water colors on paper and fabric--crayon stenciling--spray stenciling--stenciling with dye.

Handicraft

NEW METHODS OF SCREEN PRINTING. A.Franken. (Textile Colorist, Vol. 61, No. 721, January 1939, pp. 24-27.) A complete outline with detailed direction for screen printing by the new methods. It says that screen printing is employed where the production of textiles is too great for hand-block printing, and too small for machine printing.

Handicraft

JUNIOR CROCHET AND KNITTING MANUAL. (Book 112 of The Spool Cotton Co., 350 Fifth Avenue, New York, N. Y., 1937, pp. 30, illus.) Illustrations show the steps in making crochet, and how to increase and decrease, and make circles.

Handicraft

MAKE IT OF LEATHER. J. G. Schnitzer, prepared under the direction of E. G. Holt, U. S. Department of Commerce, Bureau of Foreign and Domestic Commerce, Trade Promotion Ser. No. 190. (U. S. Government Printing Office, Washington, D. C., 1939, pp. 33, illus.) This bulletin contains instructions for making and decorating leather articles. The contents are: Basic equipment; Leathers suitable for leather handicraft; Types of leatherwork; Selection of leather; Importance of instructions; Methods of working leather; Modeling; Embossing; Carving; Molding; stamping, and working soft leathers; Cut or open design work; Plaiting and braiding; Making tassels and rosettes; Lacing; Suggestions for projects; Patterns and designs.

Social GOD'S VALLEY. People and Power Along the Tennessee River. Willson Whitman. (The Viking Press, New York, 1939, pp. 320.) This book tells of the condition of the people in the Valley before and after the building of the dam and the work of rehabilitation. It also points out the causes for conditions that prevailed there for many years.

Social ADOLESCENT COMPANIONSHIP. Edith M. Sunderlin. (National Parent-Teacher, Vol. 33, No. 6, February 1939, pp. 9-11.) A discussion of what companionship does for young people, how companions are chosen, and what parents can do to aid in the desirable choice of a companion.

Social THE ECONOMIC STRATIFICATION OF YOUTH AND ITS SOCIAL CONSEQUENCES. A. C. Rosander. (Journal of Educational Research, Vol. 32, No. 8, April 1939, pp. 592-604.) A report of a study made in the Bureau of Labor Statistics on the economic stratification of youth and its social consequences. The conclusion is that there is evidence of considerable economic stratification. This tendency was found more pronounced among male youth than among female youth, and was found even among the selected groups of employed high-school graduates. The findings also show that the college is even more selective. The conclusions are that the high school is far from being the people's college. The average youth from many of the occupational groups did not graduate from high school. The average grade attainment is hardly more than that represented by elementary grade school. Educational as well as social characteristics have a relation to the income of the family, since income correlates highly with the occupational groups used. Even distribution of educational opportunity as represented by the free-tax-supported public high schools does not represent equal opportunity so long as there is such an uneven distribution of family income as that which now exists. Vocational guidance cannot break down this stratification, however wise and well intentioned it may be.

Social AFTER FREEDOM. A cultural study in the deep South. Hortense Powdermaker. (The Viking Press, New York, 1939, pp. xx + 408.) A report of a study made by the Social Science Research Council together with the Institute of Human Relations of Yale University. It is a study of Negro life. Chapter headings: The Social Scene, Economic Considerations, Cohesion and Conflicts in the Negro Family, Religion and Superstition, Education, The Negro's Response to the Situation.

Food and Nutrition

CANNING AS A SUMMER HOME PROJECT. A food feature from the Forecast Testing Kitchen. (Forecast, Vol. 55, No. 5, May 1939, pp. 224-225, and 251.) This article discusses the steps in canning foods. The author says, for one thing, that since food values precede all other qualities for canned goods, attention should be focused on the selection of only those fruits and vegetables which are in perfect condition. Comparison should be made of the cost of home-canned and commercially canned foods, a list made of the quantity of canned foods used in the home and the quantity left over from previous years; and analysis should be made as to why certain cans were not used. Canned food of which there was not enough should also be listed.

Food and Nutrition

NOMENCLATURE AND HUMAN REQUIREMENTS OF THE VITAMINS. J. Ernestine Becker. (Journal of the American Dietetic Association, Vol. 15, No. 5, May 1939, pp. 354-357.) An article on the terminology to be used in connection with vitamins. It advocates the use of the term "thiamin" for vitamin B_1, which is concerned primarily with carbohydrate metabolism; the term "riboflavin" instead of vitamin B_2 or vitamin G; and the term "antiscorbutic vitamin" for vitamin C, or better still, "ascorbic acid." It then goes on to say that vitamin D has exhibited at least 11 different sterol derivatives. The two considered most practical are D_2 and D_3, D_2 being referred to as calciferol, and D_3 is formed from the irradiation of 7 dehydroxycholesterol. This is the form of vitamin D which is potent against rickets. These terms are advocated by the American Society of Biological Chemists and the American Institute of Nutrition.

Food and Nutrition

SOME EDIBLE MUSHROOMS, and how to know them. Nina Lane Faubion. (Binfords & Mort, Publishers, Portland, Oreg., 1938, pp. 127, illus.) This book tells how to recognize mushrooms of various types.

Food and Nutrition

EDIBLE WILD PLANTS. Donald Wyman. (Garden Digest, Vol. 11, No. 5, May 1939, pp. 25 and 26.) This article discusses wild plants often used by the Indians and campers who go native. It is a review of a book entitled "Edible Wild Plants," by Oliver Perry Medsger, published by the Macmillan Co., New York, 1939.

Food and Nutrition

SHORT CUTS AND LEFT OVERS. Hannah W. Schloss. (M. Barrows & Co., New York, N. Y., 1938, pp. viii+ 130.) A cook book.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 377 August 2, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Handicraft — PRACTICAL CANVAS EMBROIDERY. A handbook with diagrams and scale drawings taken from seventeenth century samplers and other sources. Louisa F. Pesel. (Manual Arts Press, Peoria, Ill., 1929, pp. 21, 10 plates and other illustrations.) The title of this book describes it. Contents: Nomenclature, Materials, Scale of canvas, Wools, Even tension and texture, Varieties of stitch, Seventeenth-century designs, Color, Color balance, Diagrams of designs, Diagrams of stitches, Needlework carpets, Marginal lines to borders of carpets.

Handicraft — ENGLISH EMBROIDERY--I. DOUBLE-RUNNING OR BACK STITCH. Louisa F. Pesel. (The Manual Arts Press, Peoria, Ill., 1931, pp. 26, 18 plates and 45 pictures of designs or patterns. This book shows stitches made in old samplers, together with designs suitable for stitches. Patterns of designs are included.

Handicraft — ENGLISH EMBROIDERY--II. CROSS-STITCH. A handbook with diagrams, scale drawings, and photographs taken from seventeenth century English samplers and from modern examples. Louisa F. Pesel. (The Manual Arts Press, Peoria, Ill., 1931, pp. 35, 18 plates and 31 designs, also several photographs of completed pieces.) The title describes this book, which is illustrated with pictures of finished articles and patterns for details of designs.

Handicraft — BIBLIOGRAPHY--WEAVING. W. P. A. Technical Series, Technical Services Laboratory Cir. No. 1. (Works Progress Administration, Division of Woman's and Professional Projects, Washington, D. C., 1939, pp. 9.) This bibliography is divided into sections on: Instruction books on weaving; References of general interest on weaving; and Swedish and Norwegian books.

Equipment

LADY, SPARE THAT RUG! Ruth Peck McLeod. (Better Homes and Gardens, Vol. 17, No. 8, April 1939, pp. 61 and 96.) Instructions for caring for rugs in order to extend their usefulness are given in this article. It advocates the use of the electric cleaner and of cleaning both sides of a rug. The shaking of scatter rugs will remove much dirt, but the electric cleaner will do a far better job. It recommends the use of full-sized rug cushions for rooms and the turning of them from end to end. The use of a small attractive throw rug will protect the larger rug near the fireplace. A fire screen is also useful to halt flying sparks.

Equipment

REFRIGERATED LOCKERS FOR FOOD STORAGE. A. A. Geiger. (Agricultural Engineering, Vol. 20, No. 3, March 1939, pp. 108.) This article is intended for the person who wants to go into the business of running a freezer locker. It gives an outline of the layout of plans which should consist of a chill room, processing room, freezer, locker room, and customers' lobby, and gives the income per locker per year in plants of 300 and 400 capacity, with a rental charge of $12.

Equipment

THIS YEAR'S PROGRESS IN LIGHTING. (Transactions of the Illuminating Engineering Society, Vol. 33, No. 10, December 1938, pp. 918-963.) A summary of the year's progress in lighting, which was presented before the Annual Convention of the Illuminating Engineering Society in 1938. There has been no spectacular progress, but a steady gain in knowledge about illumination. Two new books have been published which are looked on as authoritative. They are "Light Photometry and Illuminating Engineering" by Barrows; and "Light: Principles and Experiments" by Monk. There was also a series of articles on good lighting as it affects health, in journals such as Hygeia. Progress made in foreign countries is reported. Much of the article is highly technical. Of farm lighting it says that the Committee on Rural Lighting of the Illuminating Engineering Society has been most active in disseminating information and has worked with a committee of the U. S. Department of Agriculture, which prepared a bulletin on "Farm Lighting." Some research activities in this field were sponsored by the New York State Farm Light and Power Committee.

Equipment

INDIRECT LUMINAIRES—EFFICIENT AND INEFFICIENT. Ward Harrison. (Transactions of the Illuminating Engineering Society, Vol. 34, No. 3, March 1939, pp. 255-270.) This paper compares the different available indirect luminaires from the standpoint of foot candles produced and eye comfort. The different types are illustrated, and a table shows the candlepower of lamps used and the light output from the lamp. These vary greatly, some lamps putting out as high as 86 percent of the initial candlepower and some as low as 75 percent.

Social THE GOOD AMERICAN EARTH. Robert Douglas Bowden. (Rural Sociology, Vol. 4, No. 1, March 1939, pp. 78-87.) Human and social values are pointed out as the central problem of American agriculture. The book discusses problems dealing with absentee landlordism, government aid to farmers, the family farm as an institution, and the farm community and farmers' social and economic needs.

Social THE ANNALS OF THE AMERICAN ACADEMY OF POLITICAL AND SOCIAL SCIENCE. (Vol. 202, March 1939, pp. vi 277.) This volume of the above named magazine appraises the Social Security Program, and in so doing takes up the security for the unemployed, for the aged, for children, and for the handicapped. It also explains problems of administration and the Social Security Act. The last part of it is given over to problems of financing social security.

Social THE INFLUENCE OF GENERAL SOCIAL STATUS ON SCHOOL CHILDREN'S BEHAVIOR. N. Norton Springer. (Journal of Educational Research, Vol. 32, No. 8, April 1939, pp. 583-591.) In conclusion, the author of this report says that the general implications of the results are that behavior adjustment is closely related to the general social status of the individual. The children who come from good, middle-class homes make better and more satisfactory adjustments, while those from a poor general social level show more maladjustment and are more inclined to have undesirable personal characteristics.

Social CREATIVE HUMAN RELATIONS. Ernest O. Melby. (Progressive Education, Vol. 16, No. 5, May 1939, pp. 305-307.) This article criticizes the present school system on the basis that when the child enters kindergarten he displays open-mindedness, freedom, and joyousness in his school work, but after he goes on from grade to grade he loses this spontaneity and enthusiasm. Part of this is due to the fact that as one progresses from grade to grade the environment is such that affection, security, and freedom are gradually eliminated. As teachers become more interested in subject matter they become less interested in creating an environment for growing personalities, says the author. What we have just said, however, holds for other phases of our society. It advocates a creative school which will develop more effectively the art of living creatively with others, and that creative education is not the teaching of rugged individualism nor the disregard of the likes of others. Individuals should be taught to have more respect for one another's personality and should retain a spirit of attention.

Clothing and Textiles

GOOD TASTE IN DRESS. Frieda Wiegand McFarland. (The Manual Arts Press, Peoria, Ill., 1936, pp. 108, illus.) A textbook for high schools designed to encourage every girl to study her own characteristics, her figure, posture, coloring, and personality so that her clothing may express her best self. Chapter headings: The language of dress, Seeing yourself as others see you, Good grooming and good taste, Pointers on posture and carriage, Clothing and health, Choosing accessories, Interpreting fashion, Your figure and fashion, Fashionable and ideal proportions, Lines and you, What to do about unattractive features, Fooling the eye, A better frame for your face, The magic of fabrics, More about fabrics, Becoming color, What colors do for you, Dressing your personality, Occasion and age, Campus clothes, rainy-day togs, Clothes economy, Care and repair, Distinctive fitting, Wherefore decoration, Checking the design, The ensemble, How high do you rate?

Clothing and Textiles

THE SEARCH FOR CREASE-RESISTANCE. C. H. S. Jupholme. (Textile Colorist, Vol. 61, No. 721, January 1939, pp. 22-23, and 60.) An article describing work that has been done through research in discovering means of making textiles crease-resistant.

Clothing and Textiles

PERMANENT FINISHES. R. J. Smith. (Textile Colorist, Vol. 60, November 1938, No. 719, pp. 763-767 and 773.) This article was reported in the American Dyestuff Reporter on October 3, 1938.

Clothing and Textiles

DYEING WITH COAL-TAR DYESTUFFS. C. M. Whittaker and C. C. Wilcock. (D. Van Nostrand Co., New York, 1938, pp. vii 325.) The third edition of a technical book on the subject of dyeing. Some chapter headings: The basic dyestuffs, True alizarin and other mordant dyestuffs; The vat dyestuffs; The dyeing of rayons; The dyeing of synthetic fibers with an affinity for wool dyestuffs; The dyeing of union materials, including garments; and the Evaluation and identification of dyestuffs.

Clothing and Textiles

SOAP MAGIC FOR SMART ACCESSORIES. Georgia Leffingwell. (The Ohio Farmer, Vol. 183, No. 9, May 6, 1939, pp. 14.) A short article telling how to clean and care for such accessories as collars, cuffs, and white gloves. It says that every little accessory has a washing technique of its own, and then suggests the most suitable method by which each might be cleaned. For example, fill a clean glass jar half full of sudsy water and in this shake collars and cuffs and then rinse. By this method of washing, fragile bits of material are cleaned without risk of pulling fine threads as happens when washing by hand and rubbing.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 378 August 9, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

The Child — SOME FACTORS AFFECTING RESUMPTION OF INTERRUPTED ACTIVITIES BY PRESCHOOL CHILDREN. Evelyn Katz. (Institute of Child Welfare, Monograph No. 16, The University of Minnesota Press, Minneapolis, 1938, pp. ix 52.) This is a study of children, showing their reaction to interruptions in their activities. The study was made at the University of Minnesota. The findings are that when an interruption is near the end of an activity, resumption occurs less frequently than when at the beginning or middle points of the activity. Even when an alternative task is presented, the percentage of resumption remains exceedingly high. This does not vary with the point of interruption. The nature of the interrupted task affects the frequency with which it is resumed. Intelligence is not a factor. Many of the subjects displayed behavior which seems to point the existence of a tension system related to a need or desire to finish the interrupted activity.

The Child — GROWING UP WITH FATHER. Estelle Barnes Clapp. (Child Study, Vol. 16, No. 5, March 1939, pp. 139 and 140.) An article which points out the duties of a father toward the growth and development of his child. The author says the father should begin to make his presence felt as soon as the child is born. One of his duties is in helping to mold the character of the child, and in this his attitudes are most important. He must have the mother's whole-hearted cooperation.

The Child — TEMPER TANTRUMS. William I. Fishbein. (Hygeia, Vol. 17, No. 5, May 1939, pp. 449-450.) The author tells to handle young children who have temper tantrums and discusses the causes of them. He says, among other things, that anger is a natural emotion often useful, but harmful when it is uncontrolled. He lists the means by which other authorities suggest curing of temper tantrums.

Health

BULLETIN OF THE HEALTH ORGANIZATION. Health Section of the League of Nations. (Publications Department of the League of Nations, Geneva, Switzerland, Vol. 7, No. 6, December 1938, pp. 903-1064.) This bulletin reports the work of the health committee of the League of Nations in studying health problems in rural areas in many nations. It stresses the importance of health, the world-wide need of health programs and of a rural health policy, and points out the differences in rural environment in various countries.

Health

THE INFLUENCE OF PASTEURIZATION ON THE ASCORBIN ACID (VITAMIN C) CONTENT OF CERTIFIED MILK. Arthur D. Holmes and Francis Tripp, Elmer A. Woelffer, and G. Howard Satterfield. (Journal of the American Dietetic Association, Vol. 15, No. 5, May 1939, pp. 363-368.) A report of a study made of the ascorbin-acid content of certified milk. It was found that the loss of the acid by pasteurization was greater in warm and less in cooler seasons. The average loss of this acid from pasteurization was 18.71 percent for the 18-months period studied. A generous consumption of either raw or pasteurized milk, produced under ideal conditions, can contribute significantly to the amount of vitamin C in the daily diet.

Health

HEALTH FEET--The Foundation of Good Health. Herman N. Bundesen. (Ladies' Home Journal, Vol. 56, No. 5, May 1939, pp. 80 and 83.) A discussion of the care of infants' feet. It says, among other things, that when a child is allowed to walk after a sick spell it should have shoes laced over the ankles. Its feet should also be massaged and exercised to strengthen the ligaments and give them elasticity. Such exercise and massage should be given under a physician's instructions. The treatment for flat feet in many instances is in improving the lime content of the diet and the addition of cod-liver oil or some similar vitamin D preparation and plenty of sunshine.

Health

ESSENTIALS OF AN EFFECTIVE STATE PLAN AND PROGRAM OF ACTIVITIES FOR FLOOD SANITATION. C. W. Klassen and Arthur P. Miller. (American Journal of Public Health, Vol. 28, No. 3, March 1938, pp. 263-277.) This article gives suggestions for handling sanitary problems in connection with floods inundating large stretches of farm land. It tells how to prepare for floods in places where slowly rising waters give ample time for some remedial measures. Topics covered are: Mobilizing equipment, Phases of flood sanitation work, Preflood activities, Planning postflood sanitation measures, Essentials to successful program, Detailed program for field work, and Plans materialize. This last is concerned largely with disposal of animal carcasses, rehabilitation of water supplies, and care of waste-disposal facilities.

Clothing and Textiles

A STUDY OF CERTAIN FACTORS RELATED TO CONSUMERS' CHOICES IN THE PURCHASE OF "SILK" STREET DRESSES AND SILK YARD GOODS. Ethel L. Phelps, Florence E. Petzel, Allene Sewell Loring, and Eleanor Anderson Nielson. (Journal of Home Economics, Vol. 31, No. 6, June 1939, pp. 393-398.) A report of a study made at the University of Minnesota on factors which influence consumers' choices in the purchase of silk dresses and silk yard goods. It was found that the factor called fashion had a considerable effect. The average life of garments owned by the majority of women interviewed was 1 year or less. There was evidence that dressmakermade and homemade dresses wore longer than ready-made ones. Elderly women had more of their dresses made than younger women.

Clothing and Textiles

CLOTHING UNITS. Frances S. Miller, Helen Hollman Laitem and edited by Rosamond C. Cook. (The Manual Arts Press, Peoria, Ill., 1932, pp. 176.) A textbook set up on the unit plan. Titles of the units are: The repair of garments made from cotton materials, The selection of materials and pattern for undergarments, The use of the sewing machine, The construction of an undergarment, Laundering the undergarment, The study of cotton materials, The construction of a costume slip, The selection of a pattern and materials for a cotton or linen dress suitable for school, The study of linen materials, The construction of a dress, A girl's clothing budget.

Clothing and Textiles

CROSS-DYED SPUN RAYON. Mixture of Acetate and Viscose Cut Fibers in Warp and Filling--Methods of Production--High Standard of Twist--Variation in Denier Is a Defect in This Fabric. (American Wool and Cotton Reporter, Vol. 53, No. 22, June 1, 1939, pp. 7, 8, and 29.) This article tells of the various mixtures of cut fibers now being spun into threads and woven into cloth. It particularly discusses the differences in texture and appearance that combinations of different fibers make.

Clothing and Textiles

TELLING THE CONSUMER. . . Get down to "brass tacks" in informative labeling, Blanchard advises. Fessenden S. Blanchard. (Textile World, Vol. 89, No. 5, April 1939, pp. 69.) The author advises the textile producers to face the fact and give informative labels to the consumer. They should answer two questions: What is the product made of? and What will the product do? He then outlines in detail, in seven paragraphs, what the label should tell. He tells how these labels can be utilized in making sales and informing salesgirls. In fact, he says, if properly prepared they will serve as a silent salesman while the salesgirl is busy with other customers.

Food and Nutrition

HERBS. HOW TO GROW THEM AND HOW TO USE THEM. Helen Noyes Webster. (Hale, Cushman, & Flint. 1939, pp. x 156, illus.) The table of contents of this book lists these topics: Early Periods and Designs of the Herb Garden, Colonial Gardens, A Garden of Native Herbs, A Few Important Herb Families and Their Genera, Doctrine of Signatures, General Horticultural Directions for Herb Gardens, Drying and Curing Herbs, Uses of an Herb Garden, Cooking with Herbs, Check List of Herbs for Modern Gardens.

Food and Nutrition

THE DARK ADAPTATION TEST FOR VITAMIN A DEFICIENCY. Carroll E. Palmer. (American Journal of Public Health, Vol. 28, No. 3, March 1938, pp. 309-315.) Another article explaining the detection of vitamin A deficiency through the adaptation of the eye to darkness. A brief report is made of research on feeding 450 third-grade school children in Maryland, which showed that it is not possible to attribute improvements conclusively to the supplementary vitamin feeding.

Food and Nutrition

VITAMINS AND VITAMIN DEFICIENCIES. Leslie J. Harris. (J. & A. Churchill, Ltd., London, 1938, pp. xiv 204 16.) The author has attempted to compile in a book of relatively small dimensions our present knowledge of vitamins regarding which there have been innumerable fresh facts. The book discusses the history of the discovery of the various vitamins, the separating and naming of the vitamins and their nutritive functions.

Food and Nutrition

A DILEMMA IN VITAMINS. Vilhjalmur Stefansson. (Science, Vol. 89, No. 2317, May 26, 1939, pp. 484-485.) In this discussion of vitamin C and the difference of opinion held by certain nutritionists and field anthropologists regarding the sources of vitamin C and their potency, the author quotes from the book "The Foundations of Nutrition," as saying that what little vitamin C there may be in fresh raw muscle is usually destroyed by cooking and that even when eaten in very large amounts, meat cannot be expected to prevent scurvy except when eaten raw or nearly so. He says that on the other hand travelers and anthropologists insist that people who eat meat exclusively never show a vitamin C deficiency, that many primitive people consume few or none of the animal organs said to be rich in vitamin C, nor do they eat large amounts of meat raw or under done. He advocates that these two groups of people get together and come to some conclusion regarding vitamin C in animal tissues.

Cn Beales

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 379

August 16, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Housing — PLANNING THE LITTLE HOUSE. Alice Waugh. (McGraw-Hill Book Co. Inc., New York, 1939, pp. xiv + 267. 144 illus.) This book is a textbook written for the purpose of study of the small house. The major parts relate to the use of space, good taste in interior design, the historic backgrounds of the American house of today and its construction and equipment.

Housing — PLUMBING IN LOW-COST HOUSING. Joel I. Connolly. (American Journal of Public Health and The Nation's Health, Vol. 28, No. 8, August 1938, pp. 954-956.) This article tells how to install plumbing fixtures suitable for low-cost housing that will safeguard against contamination of water.

Housing — HOW TO READ A BLUEPRINT. Gerald K. Geerlings. (House Beautiful, Vol. 81, No. 6, June 1939, pp. 50 and 51.) This is an analysis of specifications for the elevations and sections of a house. The various terms used in building are defined. The illustrations are designed to help one in learning how to read these parts of a house plan.

Housing — COSTS AND VALUES IN RURAL HOUSING. Deane G. Carter. (Agricultural Engineering, Vol. 20, No. 5, May 1939, pp. 199-200.) This is a report of a study of the cost of houses built in Arkansas in which some home-furnished material and labor were used. The study reports that the average labor value was $520 per house or 33 percent of the calculated value of the house. The calculated value of the native materials used was $531. This contribution consisted principally of stones, logs, sand, and gravel. It also says that the savings in material and labor enabled the owners to spend a greater amount of cash used for equipment and other means of improving the houses.

Food and Nutrition

EASY TO FIND, GOOD TO EAT--VITAMIN C. Hazel K. Stiebeling and Dorothy Kirk. (Woman's Home Companion, Vol. 66, No. 6, June 1939, pp. 68-69.) The authors discuss some of the cheaper and more abundant sources of vitamin C, such as the members of the cabbage family and potatoes. Some rules are laid down, such as, Always be sure to put some fresh fruit into the children's school lunch box, Buy from a market having facilities for refrigerating excess supplies and where the supplies on display are kept moving. Cook potatoes, sweet or white, in their skins. Be sure to include plenty of canned tomatoes and tomato juice on your market list.

Food and Nutrition

NUTRITION. Important Flashes of Nutrition News. (Nutrition, Vol. 2, No. 6, June 1939, p. 4.) This article gives brief mention of the high lights in the papers reported at the annual meeting of the American Institute of Nutrition. It says, among other things, that Dr. L. E. Booher reported on a study of the Bureau of Home Economics of the vitamin A requirements for adults. She said that 5,000 to 6,000 international units of vitamin A per adult per day represent a safe allowance. Dr. Lydia J. Roberts reported on evidence concerning the shortage in the diet of calcium and of vitamin B_1 (thiamin).

Food and Nutrition

HOW TO USE LACTIC ACID IN FINISHING PICKLES AND PICKLE PRODUCTS. C. K. Wadsworth and F. W. Fabian. What it costs. Other uses of lactic acid in foods. (Food Industries, Vol. 11, No. 6, June 1939, pp. 324-325.) This article explains the use of lactic acid in combination with vinegar in the finishing of pickles and pickled products. Estimates of the cost of materials used are given, also the composition of pickling materials.

Food and Nutrition

DEATH IN THE GRASS. Donald C. Peattie. (Frontiers, Vol. 3, No. 5, June 1939, pp. 140-143.) An article with illustrations on poisonous fungi and mushrooms.

Food and Nutrition

DEXTROSE IN THE FOOD INDUSTRIES AND ITS HEALTH STATUS. Carl R. Fellers. (American Journal of Public Health and The Nation's Health, Vol. 29, No. 2, February 1939, pp. 135-138.) A report of a study made at Massachusetts State College, on the effect of dextrose or refined corn sugar on health. The conclusions say that refined dextrose as marketed today presents no important public health problem.

Clothing and Textiles

TOWARD BETTER SIZES FOR CHILDREN'S GARMENTS. W. R. Waters. (Industrial Standardization, Vol. 10, No. 6, June 1939, pp. 158-162.) A report of the study of sizes of children's garments made by the Bureau of Home Economics in cooperation with the Works Progress Administration and with the help of the National Youth Administration. Some of the high lights of this study are given, with a description of the methods used in determining the findings. The Bureau of Home Economics has recommended 13 regular sizes and 26 auxiliary sizes for boys, and 12 regular and 24 auxiliary sizes for girls. The sizes represent 89 percent of the boys' measurements and 86 percent of the girls'.

Clothing and Textiles

THE HOSE WE BUY,--AND WEAR. Eve. E. Turnbull, Leah Kasfir and Rosamond C. Cook. (Standardization Committee, Ohio Home Economics Association, rev. ed. 1947, p. 44, illus.) This booklet takes up the type of construction, texture, fit, wearing quality of hose. It also discusses selling methods and whether or not price indicates quality. It also suggests standards for construction and inspection of ladies' full-fashioned hosiery.

Clothing and Textiles

CHENILLE BEDSPREAD INDUSTRY CONTINUES PHENOMENAL GROWTH; REFLECTED IN WIDE SHEETING MARKET. (Textile World, Vol. 89, No. 6, May 1939, p. 67.) An article which tells of the large number of candlewick or chenille bedspreads now being manufactured. The article says that even roadside stands are offering factory-made seconds which the average tourist mistakes for genuine mountain handicraft. There hand work seems definitely on its way out except for the more expensive heirloom type of spread, which still markets for $10 up.

Textiles and Clothing

THE TESTING OF YARNS AND FABRICS. For Manufacturers, Warehousemen and Operatives, also for Drapers, Laundrymen, and Clothiers. Harry P. Curtis. (Sir Isaac Pitman & Sons, Ltd., London, 1938, pp. xiii + 23.) This book on the testing of yarn discusses apparatus, chemicals, dissecting of woven fabrics, standards of measurements, and many other technicalities relating to the testing of fabrics as it is done in a well-equipped laboratory.

Textiles and Clothing

OLD MAN SUNSHINE. A few suggestions for cleaning and finishing summer suits. Jack Hodges. (The National Cleaner and Dyer, Vol. 30, No. 5, May 1939, pp. 22-26. 13 illus.) By means of illustrations and brief instructions, this article tells how to press and clean a man's summer suit and coat.

Health

TOOTH DECAY CAUSED BY DRINKING WATER. (Science News, Science--Supplement Vol. 89, No. 2319, June 9, 1939, p. 8.) A brief item which says that dental caries is second only to the common cold as the commenest of mankind's ills, and refers to a study made by the Public Health Service in the vicinity of Galesburg and Monmouth, Ill., the results of which study indicate that drinking water may be important in connection with tooth decay.

Health

FOOT CONSCIOUSNESS. Dexter D. Ashley. (Medical Record, Vol. 149, No. 8, April 19, 1939, pp. 279-280.) This article tells how to treat the normal and to protect the weak foot. It discusses shoes and the modifications of them.

Health

PRODUCTION OF MOTTLED ENAMEL HALTED BY A CHANGE IN COMMON WATER SUPPLY. H. Trendley Dean and Frederick S. McKay. (American Journal of Public Health and The Nation's Health, Vol. 29, No. 6, June 1939, pp. 590-596.) This is the report of a study of the causes of mottled enamel of teeth due to the chemicals in water. A map shows the areas where mottled enamel has been demonstrated by surveys and reported in literature. In the summary the authors say that the production of mottled enamel has actually been stopped by the mere change of the water supply from one containing a fluoride concentration to one practically free of fluorides.

Health

RAT SURVEYS AND RATPROOFING. B. E. Holsendorf. (Pests and Their Control, Vol. 7, No. 6, June 1939, pp. 10-12.) The author discusses the rat population and its increase; places where rats are thriving, three general types of which are listed as structural, incidental, and temporary. The first includes spaces between walls and between floors and ceilings, also beneath basement floors; the second group includes certain furniture and fixtures in which rats may be able to find lodging; and the third includes rubbish heaps. The remainder of the article deals with ratproofing, particularly of dwelling houses, and a report of tests that have been made.

Health

THE CONTROL OF FLEAS AND TROPICAL RAT MITES. Dr. M. A. Stewart. (Pests, Vol. 7, No. 5, May 1939, pp. 6-8.) This article gives the life history of fleas and tropical rat mites which are likely to be disease carriers endangering the health of human beings. It says that infestations in dwelling houses are chiefly due to lack of cleanliness with the subsequent accumulation of dust and organic debris and the housing of domestic animals. Rat and mouse fleas are controlled in the same way as in the human flea. Hen fleas may be controlled by cleaning the buildings occupied by the birds and by burning all litter.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 380 August 23, 1939.

TO HOME ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment

RESTORING OLD FURNITURE. Charles S. Taylor. (Arts and Decoration, June 1939, pp. 21, 47, 5 illus.) This article explains the details of construction of old furniture and tells how missing or destroyed parts may be replaced, thus restoring the article to use.

Equipment

ELECTRIC ROASTERS. (Consumers' Research Bulletin, General Bulletin Number, Vol. 5 (new series) No. 10, (Vol. 8, No. 4 of the General Bulletin Series, June 1939, pp. 14 and 15.) A discussion of the comparative qualities of electrical roasters and ovens. The writer says that the oven is convenient as an auxiliary to the stove, but should not be expected to do all kinds of cooking. It is not suited to frying breakfast bacon or boiling eggs or making quick-cooking cereal.

Equipment

REFRIGERATION KEEPS PACE. Daisy Davis. (Capper's Farmer, Vol. 50, No. 5, May 1939, pp. 46 and 47.) This item discusses the new gadgets added to refrigerators and other changes intended as improvements. One of these is that in the newer cabinets the door fits flush against the surface rather than occupying the usual inset. This change increases the usable storage space within. The majority of refrigerators sold today have synthetic finishes. This lessens the original cost about $25. Some refrigerators have an ultra-violet ray lamp to keep the food by means of sterilization. This is something new and has not yet proved how effective it will be. Special motors, stripped of all accessories, are also being put on the market. These are advantageous for low-income families who need a refrigerator but who can get along without the accessories.

Food and Nutrition

MAGNESIUM IN ANIMAL NUTRITION. John Duckworth. (Nutrition Abstracts and Reviews, Vol. 8, No. 4, April 1939, pp. 841-857.) A compilation of reports of studies made on magnesium in animal nutrition, which says the most obvious effect of both deficiency and excess of magnesium is a concurrent upset of calcium metabolism. This condition is shown by the disturbance of bone calcification and by the depositing of calcium in soft tissues. Data so far is inadequate to show whether magnesium deficiency is likely to prove an important problem or not, but it is suspected of so being for both animals and humans.

Food and Nutrition

MAYONNAISE, OILS, AND SALAD DRESSINGS. Harriet Morgan Fyler. (Hygeia, Vol. 17, No. 6, June 1939, pp. 546-547.) A discussion of contents of mayonnaise, oils, and salad dressings. It says that salad dressings may be expected to contain less oil and more sugar, starch, flour, and the like, than mayonnaise. The kind of oil that goes into mayonnaise and salad dressings is the manufacturer's choice. One brand may contain corn oil, another soy-bean oil, and another, cottonseed oil. Eighty-six percent of all manufacturered dressings are sold in pint, quart, and half-pint sizes, although some containers hold 3 or 4 fluid ounces. The article says that olive oil may sometimes be adulterated with cheaper oils, but that the Government authorities are doing all in their power to prevent such fraudulent practices.

Food and Nutrition

HOW TO KEEP YOUR HUSBAND HEALTHY. Harriett Acheson Koch. (Hygeia, Vol. 17, No. 6, June 1939, pp. 501-502; 573.) An article in which the author stresses the importance of well-planned meals for keeping in good health the husband who is busily earning the family living. She says it is the duty of a wife to help her husband in the proper selection of foods by providing them at the family table. She can also urge him to avoid eating in "joints" in order to save a few pennies. Each meal, such as dinner, breakfast, and lunch, is discussed separately.

Food and Nutrition

ADVANTAGES OF ADDING APPLE TO MILK FORMULAS. Francis J. Reithel, B. A., and Ira A. Manville. (American Journal of Diseases of Children, Vol. 56, No. 2, August 1938, pp. 235-238.) This reports experiments in the effect of apple in forming a softer curd in milk. The study indicates that the addition of apple to milk accomplishes two purposes. It lowers the pH and produces a softer curd. It therefore seems advisable to use a mixture of 4 to 5 percent in infant feeding in cases in which cow's milk is digested with difficulty.

Child Care

PARENT-CHILD PSYCHOLOGY. Anne Bryan McCall. (The Woman's Home Companion, Vol. 66, No. 6, June 1939, p. 10.) The author says that the newer psychology that concerns parents and children should be termed parent-child psychology. It is based on two fundamental psychological situations: The extreme sensitiveness of the child to influences of all kinds; and, on its complete dependence, for at least the first 6 or 7 years of its life, on the parent or adult. The sound behavior of children must follow sound behavior of parents and adults toward children. The author takes the stand that we should no longer speak of "child problems" and "problem child" attitudes. She believes that once the parent understands himself and the strong and worth-while human tendencies that are working in him and all human beings, children included, they are on the way toward a better understanding of how to handle children.

Child Care

MY CHILD MUST FACE HATE. Lucile Driftmier. (The Household Magazine, July 1939, pp. 40, 35.) In this article a Jewish mother tells how she managed the problem of racial hate in the bringing up of her child. It contains many suggestions for parents of children of every race who have to mingle with those of another race.

Child Care

PREPARING FOR BABY. William F. Mengert. (Hygeia, Vol. 17, No. 5, May 1939, pp. 403-406.) An article on preparation for the baby and care of the expectant mother.

Child Care

PRIVATE SCHOOL WAS OUR ANSWER. Helen Maynard. (Parents' Magazine, May 1939, pp. 31, 38, 87.) A discussion of how parents solved the problem of a 15-year-old girl by sending her to a private school. Like many others of this age, the girl had joined a crowd that were not constructively engaged in their leisure time. In the private school she would be with a group of other 15-year-olds but not off on all sorts of undesirable parties or what the child called "just messing around." The whole problem expressed by that phrase is taken up.

Child Care

HAIL DEMOCRACY! Dorothy Ashby Pownall. (Parents' Magazine, May 1939, pp. 23, 57.) In this article the author tells of an experiment made with groups of children in school treated by three different methods - the democratic, the laissez faire; and the dictatorial form of control. The results of such treatment are discussed fully. In the laissez faire group there was an atmosphere of boredom, horseplay, hostility, and disorganization which differed radically from the hostility in the autocratic group where tension prevailed and where aggressiveness developed which was vented on a scapegoat. In the democratic group cooperation developed spontaneously.

Housing THE CASE OF THE LEAKY HOUSE. (House Beautiful, combined with Home & Field, Summer Number, Vol. 81, No. 7, 1939, pp. 46-49, 20 illus.) By a short article and lengthy legends to the numerous illustrations, how windows should be framed and insulation and flashings used in preventing noise, leakage of air, and water in housing, are explained.

Housing WE PAINT THE LIVING ROOM. Ellen Jeffrey. (Parents' Magazine, May 1939, pp. 49, 83-85.) In this article are given detailed instructions for taking paper off the wall and painting the wall.

Housing HOW TO BUILD LOW-COST PLANK WALLS AND FLOORS. (American Builder and Building Age, Vol. 60, No. 12, December 1938, pp. 34-35, 42, 5 illus.) In this article the author tells how to build walls and floors by simpler and less expensive methods.

Housing STRETCHING THE HOME FURNISHINGS DOLLAR, No. 5. (Household Finance Corporation, Chicago, 1939, 49 pp., illus.) This booklet tells, step by step, how to select and furnish a home. It suggests that in the first year necessities for seating, lighting, and sleeping comfort be purchased; in the second year, that purchases be centered around the living-room rug; and in the third year that consideration be given to draperies, slip covers, and like stuffs.

Housing TESTS SHOW FIRE RESISTANCE OF WOOD STUD PARTITIONS FILLED WITH MINERAL WOOL. (American Builder and Building Age, Vol. 61, No. 2, February 1939, p. 78.) In this article which discusses the resistance to fire of partitions filled with mineral wool, a table is given showing the results of tests conducted by the National Bureau of Standards.

Housing SEE HOW TO GET A BETTER HOME. Groff Conklin. (Better Homes and Gardens, Vol. 17, No. 11, July 1939, pp. 24-25, 24 illustrations.) By these illustrations and their legends, this article tells how a basement should be excavated and constructed to make it solid and ratproof. They also show how the first floor should be laid.

Housing CLOSET CLOSE-UPS. Gerald K. Geerlings. (Better Homes and Gardens, Vol. 17, No. 8, April 1939, pp. 18-19, illus.) A description of the plan and arrangement of closets for the home.

United States Department of Agriculture
E X T E N S I O N S E R V I C E
Washington, D. C.

No. 381 August 30, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education — HANDBOOK OF PUBLIC SPEAKING. A. R. Thompson. (Harper and Bros., 1939, pp. 18 - 142.) Contents: The nature of public speaking; Finding a topic; Getting material; Arranging material; Preparing delivery; Presenting effective material; Using the language properly; Outlining; and Exercises.

Education — SOME PROBLEMS OF AN EDUCATED MINORITY. Dr. Otis W. Caldwell. (Science, Vol. 89, No. 2322, June 30, 1939, pp. 591-595.) The author in this address discusses our problems in educating those who are more or less forcibly exposed to education whether they want it or not. He says that even our scholarship aid has been used to encourage mediocre minds to aspire to professions for which their native capacity illy fits them; that if ease of living is the major objective of one's life, higher professional education is hardly desirable. The author points out how long and hard the highly trained professional people who are worthy of their education are working. Regarding the leadership of the educated he says that at the present time society looks more to known and demonstratable truth as final authority than to the word of any leader, and has a right to expect the educated minority to be sure-footed leaders whose superior education is not supposed to be used by them merely to gain personal benefits through exploitation of their advantages.

Education — WHY BECOME A FARMER? Editorial Comment. (The Agricultural Education Magazine, Vol. 11, No. 12, June 1939, p. 223.) A brief editorial comment on an address by O. E. Baker, which sums up the reasons for becoming a farmer, in part, as follows: The farmer has more and better food to eat, has better health, lives about 5 years longer, accumulates more property, becomes a wealthier man - particularly in the North, is more likely to enjoy his work, and more likely to rear a family.

Personal

METHODOLOGY AND RESULTS OF RECENT STUDIES IN MARITAL ADJUSTMENT. Lewis M. Terman and Winifred B. Johnson. (American Sociological Review, Vol. 4, No. 3, June 1939, pp. 307-324.) Report of a study financed by a grant from the Committee for Research on Problems of Sex of the National Research Council. How the study was carried on and the factors involved are described. The conclusion suggested by this study is that "happiness of a marriage depends largely on the happiness of temperament of the two principals." Therefore one person, of happy temperament, may find happiness in a marriage in which the other is extremely unhappy. There are persons who are incapable of finding happiness in any marriage. Happiness is a joint product of nature and nurture. Further research is needed.

Personal

ONE GENERATION AND ANOTHER. Handing on a Family Tradition. Robert Russell Wicks. (Charles Scribner's Sons, New York, 1939, pp. viii + 191.) Contents: Design for a home; The power of family sentiment; Learning by contagion; Early religious impressions; Traditional practices; What life is like; and Perplexities.

Personal

WHAT MOLDS OUR PERSONALITIES? A. R. Gilliland and E. L. Clark. (Science Digest, Vol. 6, No. 1, July 1939, pp. 61-65.) An article condensed from the book, Psychology of Individual Differences. As the title indicates, the author discusses what affects human personalities. An old theory was that the body contained humors. Parallel with this at the present time have been discovered 10 or 12 hormones which affect body growth and function, and these have generally been assumed to have effect on personality. The thyroid glands, when secreting insufficient thyroxin, make a person feel fatigued. When they secrete an oversupply nervousness, irritability, and high emotionality are produced. Certain of the other glands affect the individual in other ways. The author then mentions physical deformities, certain influences in the home life of the child, and such factors as poverty, failing in school, and the like, affecting personality. He says there is a tendency for people to become heavier as they grow older; in so doing, their personalities change. Six types of human beings are described; individuals of any one pure type are extremely rare.

Child Care

CHOOSING PLAY EQUIPMENT. Irene P. Birdsall. (Parents' Magazine, Vol. 14, No. 5, May 1939, pp. 36, 95.) Discusses the ages at which children should begin to use different kinds of play equipment.

Child Care

THE INFLUENCE OF NURSERY SCHOOL EXPERIENCE ON CHILDREN'S SOCIAL ADJUSTMENTS. Arthur Thomas Jersild and Mary D. Fite. (Bureau of Publications, Teachers' College, Columbia University, N. Y., 1939, pp. xi + 112.) Report of the study initiated under the auspices of the child-development institute of Teachers' College, Columbia University. The summary states that children who had previously attended nursery school were more sociable than those who had not; children who had not attended nursery schools made large gains in social participation during the first week of school and did not remain at a disadvantage throughout the school year, having practically as high an average score in social contacts by the end of the year. Nursery schools do not submerge the child's own individuality where wholesome relations were existent. Increasingly the children there learned to defend their own interests, property, and activities against exploitation by others, and to avoid unprompted aggression.

Child Care

METABOLISM OF NORMAL PRESCHOOL CHILDREN. III. Variations in Nitrogen Storage on Constant Diets. Thelma Porter. (Journal of the American Dietetic Association, Vol. 15, No. 6, June-July, 1939, pp. 427-434.) Report of a study made on 43 preschool children.

Child Care

THE CONSTITUTION OF THE ADOLESCENT CHILD. Franz Schuck. (Archives of Pediatrics, Vol. 56, No. 4, April 1939, pp. 199-209.) This article deals with the physical constitution of the adolescent child. The facts presented are based upon research. No definite conclusions have been reached at the present time, but the work is being carried on with hope of finding satisfactory methods of measuring the physical condition of older children.

Child Care

CAN RICKETS BE ELIMINATED FROM THE LARGE CITIES? Julius Levy and Harry B. Silver. (Archives of Pediatrics, Vol. 56, No. 2, February 1939, pp. 96-105.) This article discusses the possibility of eliminating rickets from large cities. It is the authors' impression from observations made that the incidence of rickets may be reduced by means of supply, through the health department, of cod-liver oil without cost to mothers, particularly in the poorer sections of the city.

Food and Nutrition

THE INFLUENCE OF DIFFERENT LEVELS OF MILK INTAKE ON THE ACID-BASE MINERAL BALANCES OF CHILDREN. Helen A. Hunscher, Frances C. Hummel, and Icie G. Macy. (The Journal of Nutrition, Vol. 17, No. 5, May 10, 1939, pp. 461-471.) Report of a study relating to the acid-base mineral balance of children consuming a general mixed diet when the levels of milk incorporated are varied. It was found that all children were storing both acid and base throughout the entire study. When the ingestion of milk was largest, the quantity stored was greater. The mean daily balance of "excess base" on 400 grams intake of milk was 0.2 meq. per kilogram of body weight, as contrasted with 0.9 meq. during the daily ingestion of 1,000 grams of milk.

Food and Nutrition

THESE ELUSIVE FLAVORS. G. R. Maybee. (Science Digest, Vol. 6, No. 2, August 1939, pp. 8-12.) This article is condensed from Canadian Chemistry and Processing Industries. Reports are given of studies made on the human ability to detect flavors and odors. The sense organs for tasting and smelling are described and the author says there are other factors that contribute to the palatability of food. This is called "eating quality," which involves not only taste and odor, but the feeling of the food in the mouth, such as tenderness, toughness, coarseness, plasticity, viscosity, and oiliness. He tells how flavors may be compared.

Food and Nutrition

CAN WE GUARANTEE VITAMINS IN EGGS? Byron H. Thomas and W. Windsor Cravens. (Poultry Item, Vol. 41, No. 8-9, June-July, 1939, pp. 12, 32-33, 35.) Discusses the factors affecting the production of eggs uniformly rich in vitamin D. Studies show that sunshine or its equivalent in ultraviolet light and feed determine the amount of vitamin D occurring in eggs. Hens on the open range produce eggs ten times more potent in this vitamin than eggs laid by birds confined indoors without special feed or ultraviolet light. Other experiments are described showing the effects of rations on vitamin D content. The author predicts that commercialization of egg production will bring about, through periodic checking of vitamin potency, eggs of uniform standards in this respect. Whether this will be done, of course, depends upon what the industry decides to do.

Beal

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

SEP 14 1939

No. 382

September 6, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment — RADIANT HEATING. (The Architectural Forum, Vol. 70, No. 1, January 1939, pp. 55-60.) This article discusses radiant heating, explaining the difference between this and heating by convection. Thumbnail illustrations and diagrams assist in the explanation. The history of means of heating, physiological effects, and the physics of heating are discussed.

Equipment — REFRIGERATION UP TO DATE. Catherine C. Edwards. (Parents' Magazine, Vol. 14, No. 6, June 1939, pp. 52, 62, and 64.) A description of the improvements in modern-day refrigeration and other means of preserving food in the home. It tells of many ways of utilizing refrigerator space, and warns against being misled by the mere looks of a refrigerator. It advises the buyer to look to the construction to make sure that it is easy to clean, as this removes the drudgery and improves the hygiene of a refrigerator.

Equipment — SPECTRAL ANALYSIS OF RADIANT ENERGY. C. E. Weitz and R. F. Cissell. (Transactions of the Illuminating Engineering Society, Vol. 34, No. 5, May 1939, pp. 495-502.) A paper read before the Illuminating Engineering Society, presenting some of the work being carried on in the field of illumination. The author says that some people say the only nonfunctional element in functional design is color, but that if it is planned for esthetic and psychological effects it actually becomes just as functional as the floor plan of a house. He explains the production of color on a surface which is determined by the relative amounts of the different wave-lengths reflected. Thus a red surface is one that reflects long wave-lengths much better than it does short ones. The color of any object depends, as seen by the eye, upon the spectral quality of the light as well as upon the selective reflection characteristics of the material.

Social RECENT TRENDS IN RURAL SOCIAL WORK. A. A. Smick. (Sociology and Social Research, Vol. 23, No. 5, May-June 1939, pp. 466-473.) This article points out trends in rural social work before and immediately after the World War, and at the present time. It says it is significant that in practically all instances failures of rural social services were due mainly to a lack of understanding of rural resources, institutions, problems, and attitudes.

Social SOCIAL PSYCHOLOGY. (Sociology and Social Research, Vol. 23, No. 6, July-August, 1939, pp. 578-579.) A review of a book, The Intelligent Individual and Society, by P. W. Bridgman (New York: The Macmillan Co., 1938, pp. vi + 305), in which the author draws on his knowledge of physics in studying the individual in society. He says that the same principles "which physics has discovered to control any valid reconstruction of its concepts also control any valid reconstruction of social concepts." There is a great social chasm developing between those who like to think and those who do not. Education should help an individual to make use of the experience of preceding generations and his own ability to develop cooperative attitudes.

Social SOCIAL SIGNIFICANCE OF OLD AGE. Arthur S. Y. Chen. (Sociology and Social Research, Vol. 23, No. 6, July-August, 1939, pp. 519-527.) This article discusses the problems with which civilization will be faced as median age advances. One of these problems is economic insecurity due to the fact that while life has been lengthened, it has not been matched by a proportionate increase in the working period. Instead, the years of remunerative employment are being steadily curtailed. Poverty, dependence, security for old age, and social adjustment are other problems. At present old persons are apt to be placed in a category or are mentally stereotyped. Physical feebleness and mental morbidity do limit their social participation. Many writers share the view that, although inevitable, old age can be deferred and salvaged and one can grow old hygienically and gracefully. Old age is part of the process of making accommodations from one period of life to another. At this period, accommodations of any sort, however, are most difficult. One of the first popular beliefs to be corrected is the common one that after reaching a certain age limit, human beings cease to be individuals and take on a kind of blanket character of old age.

Food and Nutrition

FRUIT IN THE CHILD'S DIET. Dr. Herman N. Bundesen. (Ladies' Home Journal, Vol. 56, No. 6, June 1939, pp. 78, 80.) The author stresses the importance of fruit in the child's diet and why such protective fruits are so important. He advocates using fruits as a between-meal lunch for children, especially those who seem naturally to crave sweets.

Food and Nutrition

CONCENTRATED FRUIT AND VEGETABLE PRODUCTS. A New Apple Concentrate. H. W. Gerritz and J. L. St. John. (Food Industries, Vol. 11, No. 7, July 1939, pp. 369-370, 416-417.) This article describes a mechanical method used in factories for preparing concentrated fruit or vegetable products that may be quickly reconditioned by the addition of water. The method is designed for the use of pie bakers, canners, and confectioners. There is hope that such food may be prepared so that the flavor will be identical when reconditioned with that of fresh fruits or vegetables.

Food and Nutrition

THE PAPER MILK CONTAINER. Louise Pickens Tanner. (Journal of the American Dietetic Association, Vol. 15, No. 6, June-July 1939, pp. 456-460.) The advantages and disadvantages of paper milk containers are discussed. The conclusion reached by the author is that paper containers seem a distinct advantage in merchandising milk, for they are used but once.

Food and Nutrition

THE UTILIZATION OF THE CALCIUM IN VARIOUS GREENS. Mary Speirs. (The Journal of Nutrition, Vol. 17, No. 6, June 10, 1939, pp. 557-564.) In this study, designed to determine the calcium values in greens, calcium in turnip greens was found to be about as available as that in milk. Collards and kale had slightly less. The calcium in New Zealand spinach was poorly utilized, and the utilization of the calcium of the milk in the diet was diminished by the presence of New Zealand spinach.

Food and Nutrition

A STUDY OF THE ASCORBIC ACID INTAKE REQUIRED TO MAINTAIN TISSUE SATURATION IN NORMAL ADULTS. Wilma Beckman Belser, Hazel M. Hauch and Clara A. Storvick. (The Journal of Nutrition, Vol. 17, No. 6, June 10, 1939, pp. 513-526.) In this article the vitamin C requirements of human beings are discussed and studies reported. It was found that, in order to maintain complete saturation, the requirements of the subjects studied on the basis of their body weight, were from about 1 to 1.6 mg. per k. a day. Observations are also made in the article on P_H of the urin, the effects of exercise, and high environmental temperature.

Management

IT PAYS TO BUDGET. A Two-act Play Suitable for Chapel or Assembly. Mary Fowle Perry. (Practical Home Economics, Vol. 17, No. 2, February 1939, pp. 44-47.) A play on budgeting, in two acts. The first act may be used by itself if a short play is needed.

Management

OPERATING RESULTS OF CONSUMER COOPERATIVES IN THE UNITED STATES IN 1937. (Consumers' Cooperation, Vol. 25, No. 5, May 1939, pp. 69-71.) A report of the study of the consumers' cooperative movement presented to the Harvard Bureau of Business Research by the Cooperative League about 2 years ago. The summary says that cooperative food stores can at least compete on equal terms with independents and chains in the matter of expense. Cooperatives may have advantages in price and quality. They have a distinct advantage over independent stores in operating expenses. It seems advisable to add filling stations to the stores.

Management

HINTS FOR REMOVING FOOD STAINS. Condensed from The Market Basket. (Consumers' Digest, Vol. 6, No. 1, July 1939, pp. 53-57.) The title of this article is self-explanatory.

Management

WHAT THE CONSUMER LOOKS FOR IN POULTRY PRODUCTS. (Poultry Item, Vol. 41, No. 8-9, June-July 1939, pp. 10-11.) An article which discusses some of the things to be considered by the consumer when purchasing poultry and poultry products. In eggs, she has to consider the vitamin as well as other nutritive values. At present it is possible to have a uniform product average the year round. Broilers also are a year-round crop. A present-day problem is a mathematical one, for some merchants are selling dressed chickens for, say, 35 cents a pound, and others sell them dressed and drawn at 47 cents a pound. One store, therefore, removes most of the waste. It refers to an article in The Consumers' Guide, Vol. 4, No. 22, which answers the question of how to solve the above problem.

Management

MARKETING CONDITIONS AND THE CONSUMER. D. E. Montgomery. (Journal of Home Economics, Vol. 31, No. 6, June 1939, pp. 369-373.) The author discusses the cost of packaged food in comparison to raw material, and our distribution system which adds so materially to this cost. In conclusion the author says: "I urge you to examine not once but ten times over every new move for consumer education that comes to your attention. A great deal is being done that threatens to miseducate consumers on very important consumer issues."

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 383

September 13, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Organization — A NATIONAL CONSUMERS' COOPERATIVE ORGANIZATION. E. R. Bowen. (Consumers' Cooperation, Vol. 25, January 1939, No. 1, pp. 6-11.) This article explains a plan for a national consumers' cooperative organization, as well as the need, function, membership, and a set-up for such an organization.

Organization — ADMINISTRATIVE MANAGEMENT. Principles and Techniques. (U. S. Department of Agriculture Graduate School, Washington 1938, pp. 108.) A series of lectures by outstanding leaders in the management field, delivered in the Graduate School of the Department of Agriculture from October to December, 1937. Some lecture titles are: The national movement for better public service, Objectives of management, The mechanisms of management, The philosophy of management, The relation of organization to management, The art of management, The employee and management, The public's interest in public management, Education in management. This booklet is not for free distribution but can be bought for 75 cents from the Department Graduate School, Washington, D. C.

Organization — ELEMENTS OF PERSONNEL ADMINISTRATION. Principles and Techniques. (U. S. Department of Agriculture Graduate School, 1935, pp. 102.) A compilation of a series of lectures and problems given in a short course held in the United States Department of Agriculture Graduate School from April 5 to June 7, 1935. Some lecture titles are: Art of management, How executives can become leaders, Nonfinancial incentives, Techniques of supervision, Techniques of supervision (Cont.), Training, Complaints, Discipline, Summary and application. This booklet is not for free distribution but can be bought for 50 cents from the Department Graduate School, Washington, D. C.

Clothing and Textiles

THE ROLE OF STARCH IN TEXTILES. J. W. Stallings. (American Dyestuff Reporter, Vol. 28, No. 2, January 23, 1939, pp. P35-P37.) A discussion of starches in textiles, their physical behavior, behavior of constituent portions, variety of conversions, starch selection, preparation, penetration, alkalinity and acidity, starches for sanforizing, and starches in printing.

Clothing and Textiles

NEW FURS FOR OLD. David Kaplan. (The National Cleaner and Dyer, Vol. 30, No. 6, June 1939, pp. 32, 34, 68-69, 12 illus.) Instructions are given for making over and repairing fur garments. Advises opening of the "closing" seams and leveling off the garment so that the pattern may be copied. Going over the leather side with a lukewarm iron helps to make the garment perfectly flat; then the pieces can be pinned on the pattern. Other instructions are given.

Clothing and Textiles

ORTHOPEDIC AND CORRECTIVE FOOTWEAR. William A. Rossi. (Consumers' Digest, Vol. 6, No. 1, July 1939, pp. 48-52.) A discussion of shoes and foot defects among people. It says that 85 percent of women and 60 percent of men have some foot difficulty. Points out qualities necessary in uppers, outer soles, inner soles, and linings of shoes to make them most satisfactory. Poor fitting sometimes is the cause of these defects, as well as poor construction of shoes.

Clothing and Textiles

THE APPLICATION OF COLOUR TO WOVEN TEXTILE FABRICS. Leonard Bellwood. (The Journal of the Textile Institute, Vol. 30, No. 4, April 1939, pp. P92-P95.) A fairly technical discussion of how color is applied to textiles in the fiber form, in the yarn form, and in the piece form, and the different effects produced by the various methods. The author also points out the fact that the weave of a fabric plays a most important part in the development of color, and likewise the finish applied.

Clothing and Textiles

CLOTH: HYGIENIC PROPERTIES. H. Sommer. (Kunstseide, 1938, Vol. 20, pp. 439-444; abstracted in the Journal of the Textile Institute, March 1939, pp. A190. Reviewed in Textile Research, Vol. 9, No. 9, July 1939, pp. 345.) A brief abstract which refers to a study made on the hygienic properties of cloth. This includes thermal insulating power, water-repelling properties, air permeability in dry and wet cloth, and permeability to water vapor. The abstract says that the effect of mixing staple fiber and shoddy fiber with wool can be done in such a way that the mixtures produce a cloth having properties as good as those of woolen cloth, provided a large pore volume is insured by using shoddy and staple with a permanent crimp.

Personal

WHAT MAKES A GOOD HOME? Anna W. M. Wolf. (Child Study, Vol. 16, No. 7, May 1939, pp. 188-190, 201, 204.) Discusses questions such as: Why the Smith Children always meet you with a smile and the Jones children sulk or interrupt every conversation you have with their mother; the things that go not only into the making of satisfactory-appearing children, but into the making of a good life; and those things which do not make a good home, as giving children every advantage. Fourteen points that make up a good home are listed. In closing, the author says that, until parents have lain awake nights over the puzzles that come to them, it may fairly be said that they have not yet become of age as parents.

Personal

IT'S NICE TO KNOW PEOPLE LIKE YOU. Harry Walker Hepner. (D. Appleton-Century Company, 1939, pp. vii 172.) A book on how to get along with people and make people like you. Chapter headings: Developing your own personality, Sizing up people - how to go about it, To size up people - sense their problems, To size up people - think of them as grown-up "kids," To size up people - study their friends, To size up people - sense the hidden meanings, Practice in tact: To sense how people feel; To put people at ease; The little things that count; How to give compliments; When you meet a stranger; What to talk about; In those awful silences - ask questions; Those embarrassing situations; Pose and self-confidence; When you are reprimanded; Dealing with the ornery adult; The rules are simple.

Personal

UNDERSTANDING OURSELVES. A Survey of Psychology Today. (U. S. Department of Agriculture Graduate School, December 1938, pp. 122, mimeographed.) A compilation of a series of lectures given at the Graduate School of the United States Department of Agriculture, March to May, 1938. Some lecture titles are: Discovering ourselves through psychology, Child development and individuality, Main trends of psychology today, Psychology in the experimental laboratory, On the frontiers of mind: Recent research in extrasensory perception, The growth of our social attitudes, The psychobiology of the great apes, Psychology applied: What we should know about human nature, The relation of psychiatry to psychology and to practice, The outlook for future discoveries of ourselves. This booklet is not for free distribution but can be had for 50 cents by writing to the Department Graduate School, Washington, D. C.

Food and Nutrition

PRODUCTION OF GOITER IN RATS WITH RAW AND WITH TREATED SOYBEAN FLOUR. George R. Sharpless, Janice Persons, and Geneva S. Prato. (The Journal of Nutrition, Vol. 17, No. 6, June 10, 1939, pp. 545-555.) A report of a study of the production of goiter in rats when fed raw and treated soybean flour.

Food and Nutrition

COMMON SENSE IN JELLY MAKING. Jean Cox. (American Cookery, Vol. 44, No. 2, August-September 1939, pp. 112-114.) This article gives some timely hints on jelly-making with a little discussion of some of the antiquated and old-time hard methods used. Suggests using canned fruits for jelly-making.

Food and Nutrition

FOOD ILLNESS THAT CAN'T BE BLAMED ON BACTERIA. W. H. Cathcart. (The Northwestern Miller and American Baker, Vol. 16, No. 8, August 2, 1939, pp. 26, 27-31, and 78.) The author discusses illnesses produced by metals, plants and fungi, animal parasites, food allergy, unbalanced diet, and digestion or metabolism disturbances. He says that the poisonous metals rarely find their way into foodstuffs. Copper is avoided in the milk industry because it imparts a tallowy flavor to milk. Beating egg custard and other foods in a copper container will contaminate them with more copper than if they stand in the utensil. Other metals are also discussed.

Food and Nutrition

THE NUTRITIVE VALUE OF WHEATEN FLOUD AND BREAD. Alice Mary Copping. (Nutrition Abstracts and Reviews, Vol. 8, No. 3, January 1939, pp. 555-565.) In the conclusion of this article the author says that some authors consider the inclusion of yeast in bread-making as an important point in the flavor of the bread on account of the possible protein and vitamin contribution made by the yeast. She then cites studies that show that yeast protein was an effective supplement to wheat protein. The change from whole wheat to white flour that took place when steel roller mills were introduced about 70 years ago has resulted in reduction of the nutritive value of the protein; in serious lowering of the content of calcium, phosphorus, and iron; and in the reduction of the vitamin B_1 and vitamin B_2 content and the carotene content, with the probability of the complete removal of vitamin E, all of which is a dead loss nutritionally. The author then says that, in order to change back to the use of whole meal in the preparation of flour, it will be necessary to alter the tastes of the people and to overcome the capital invested in existing milling equipment. Also, means must be found for using whole-meal flour more quickly and storing it more satisfactorily. Doing this would be worth while because it would pay rich dividends in national health.

Dealer

UNITED STATES DEPARTMENT OF AGRICULTURE
EXTENSION SERVICE
Washington, D. C.

No. 385. September 27, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Clothing and Textiles

PRESENT USES OF LOGWOOD. H. R. Tisdale. (American Dyestuff Reporter, vol. 28, No. 10, May 15, 1939, pp. 260, 270-271.) This article explains the many ways in which logwood is being used by the dyeing industry at the present time.

Clothing and Textiles

MODERN FUR CRAFTSMANSHIP. CARACUL. Samuel Raphael. (Women's Wear Daily, vol. 58, No. 112, p. 28, June 9, 1939, illus.) This brief item tells how to stretch, match, cut, nail, and finish caracul skin in preparation for making a garment. It says that in finishing, a coat should be stayed with fine China silk and silk tape throughout to produce finer seams and the softest finish. Seams should not be made too tight.

Clothing and Textiles

CASEIN FIBRE. Claude Diamond and Robert Louis Wormell. (The Wool Record and Textile World, vol. 55, No. 1570, June 15, 1939, pp. 1320-1321, and 1329-1330.) This article gives information regarding the utilization of synthetic fiber made from casein, in the manufacture of cloth, as well as the chemical composition and other details of production.

Clothing and Textiles

A NEW TEXTILE FIBRE. (Fibre and Fabric, vol. 91, No. 2790, July 23, 1938, p. 14.) A brief announcement says that there is a new textile fiber being made in Italy from cow hair, which is claimed to have the mechanical and chemical quality of textile fiber. This fiber is suitable for mixture with wool and has the qualities suitable for dress fabric.

Food and Nutrition

CLINICAL AND EXPERIMENTAL STUDIES ON VITAMIN K. H. P. Smith, S. E. Ziffren, C. A. Owen, and G. R. Hoffman. (The Journal of the American Medical Association, vol. 113, No. 5, July 29, 1939, pp. 380-383.) Vitamin K, which is a new fat-soluble vitamin, essential in the treatment of the tendency to bleed, is discussed. This vitamin may be obtained both from the diet and bacterial activity in the intestines. Vitamin K deficiency may occur when its absorption from the intestines is interrupted. Faulty absorption occurs when bile, essential in the absorption of vitamin K, is excluded from the intestines.

Food and Nutrition

SEX AND AGE ALTERATIONS IN TASTE PREFERENCES. Donald A. Laird and William J. Breen. (Journal of the American Dietetic Association, vol. 15, No. 7, August-September 1939, pp. 549, 550.) A report of a study made by the Ayer Foundation for Consumer Analysis. Preferences in taste change as one grows older. Women's tastes change more rapidly than those of men. Women have more preference for tart tastes and less for the sweet.

Food and Nutrition

A STUDY OF DISLIKED AND UNFAMILIAR FOODS. Irene S. Hall and Calvin S. Hall. (Journal of the American Dietetic Association, vol. 15, No. 7, August-September 1939, pp. 540-548.) A report of a study of the likes and dislikes of students for various kinds of food. The most universally disliked food listed is buttermilk. Organs of animals are not eaten, and alcoholic beverages are not used by a relatively large proportion of students. Leek is the most universally unknown food. Taste, texture, previous illness related to a food, general appearance, and smell are some reasons for disliking certain foods.

Food and Nutrition

RECENT STUDIES ON THE VITAMIN CONTENT OF MEATS AND MEAT PRODUCTS. Olaf Mickelsen, Harry A. Waisman, and C. A. Elvehjem. (Journal of the American Dietetic Association, vol. 15, No. 7, August-September 1939, pp. 529-536.) A report of studies made at the University of Wisconsin on vitamin content of meats and meat products. It says in conclusion that meats are good sources of protein and fat and also of many vitamins. Lean pork is one of the best sources of vitamin B_1. Liver and kidney are sources of other vitamins. However, other meat products also play an important role in furnishing our daily requirements of these accessory food substances.

Extension WHAT CONSTITUTES A GOOD RURAL ELECTRIFICATION EXTENSION PROGRAM. M. M. Johns. (Agricultural Engineering, vol. 20, No. 7, July 1939, pp. 277, 278.) The author tells how training schools in extension have been carried on in order to give farmers a basic knowledge of what constitutes a satisfactory and complete wiring and lighting installation. He describes the training-school plan. The meetings are first called by the county extension workers in communities about ready to receive electrical service for the first time. The most satisfactory results are obtained when small group meetings are held on a farm.

Extension REPORT OF TEN YEARS OF SERVICE BY THE NATIONAL RECREATION ASSOCIATION TO THE UNITED STATES DEPARTMENT OF AGRICULTURE AND TO THE STATE COLLEGES OF AGRICULTURE IN THE FIELD OF RURAL RECREATION LEADERSHIP TRAINING. May 1, 1927 to April 30, 1937. John Bradford. (National Recreation Association, New York, 1937, 27 pp.) This report is made up of excerpts from annual reports of extension workers in many parts of the United States, and covers a period of about 7 year. Reference is made to the beginning of the work in 1927.

Extension SAFETY FIRST IN CANNING. Janet L. Cameron. (The Southern Planter, July 1939, p. 18.) An article by the food and nutrition specialist of the Virginia Polytechnic Institute which tells how to can food so that it will keep without spoiling.

Extension PROBLEMS CONFRONTING THE EXTENSION SERVICE AS AN EDUCATIONAL AGENCY. Edmund deS. Brunner. (Garden Digest, Home Acres Edition, vol. 11, No. 7, July-August, 1939, pp. 25-28.) This article on the problems confronting the agricultural extension service is to be continued in another issue. In the July-August issue, the author discusses extension as a federally aided agency and its present service in contrast with that of 1912.

Extension CRAFT NEWS. COOPERATIVE BASKETRY--A HOME INDUSTRY. Meta Elizabeth Grace. (Garden Digest, Home Acres Edition, vol. 11, No. 5, May 1939, part 2, pp. 16-18.) A description of a cooperative basket-making project in Tallapoosa County, Ala. Some materials used were: Honeysuckle vines, cross vines, grasses, millets, cattails, barks, oak splits, willow and pine needles.

Personal

MEASURING ROD FOR YOUR HOME. Lucy Wetzel McMillin. (The Household Magazine, vol. 39, No. 9, pp. 18, 31, September 1939.) In this article the author attempts to give under four different classifications a number of measuring rods for a home. The first classification deals with what the children will remember about the physical equipment of the home; the second, with remembrances which children will have of the personal relationships within the family group; the third, memories of influences outside the parent-child group; and fourth, intangibles.

Personal

LIVING WITH OTHERS. A Book on Social Conduct. Laurence B. Goodrich. (American Book Co., New York, 1939, pp. ix 294.) A highschool textbook on social conduct. Chapter headings: The good mixer, How we sound, Conversation, Extending hospitality, Accepting hospitality, At home, Club membership, Behavior in public, Business relations, Informal correspondence, Relevant readings, Living with others.

Personal

STRAIGHT AND CROOKED THINKING. Robert H. Thouless. (Simon and Schuster, New York, 1932, 261 pp.) This book has the following chapters: Emotional meanings, "All" and "Some," Some dishonest tricks in argument, Some logical fallacies, Tricks of suggestion, Habits of thought, Tabloid thinking, Pitfalls in analogy, On drawing the line, Vagueness and related evils, Prejudice, The need for straight thinking.

Personal

THE ADJUSTMENT OF PERSONALITY. (Graduate School, July 1939, mimeographed.) A compilation of a series of lectures at the Graduate School of the United States Department of Agriculture, January to March, 1939. Titles include: What Is the Effectively Adjusted Personality?, Making the Best of Our Nerves, Getting Along with Our Emotions, Adjustment in Relation to the Unconscious, Educating Ourselves in the Problems of Sex, Adjustments in Marriage and Family Relations, Adjusting Ourselves to the Daily Work, Freedom From Fear and Worry, Adjustment and Social Attitudes, The Problem of Adjusting the Whole Personality. This booklet is not for free distribution but can be had for 50 cents by writing to the Department of Agriculture Graduate School, Washington, D. C.

Personal

WHAT IS A WELL-ADJUSTED PERSON? George Lawton (Journal of Adult Education, vol. 10, No. 4, October 1938, pp. 395, 396.) The author gives 20 factors which are requisites of a well-adjusted person.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 386 October 4, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Housing HOUSE CONSTRUCTION DETAILS. Nelson L. Burbank. (Simmons-Boardman Pub. Corporation, New York, 1939, pp. vi 317. Many illus. and diagrams.) A compilation of articles from American Builder and Building Age, and other sources, with the illustrations used in explaining house construction. Many of these items have been referred to in this sheet at other times.

Housing RURAL HOUSING AND PLANNING. Drawn up by M. M. Vignerot, Chief Engineer of the Rural Engineering Dept. of the French Ministry of Agriculture. Ed. Health Section of the League of Nations. (Bulletin of the Health Organization, Vol. 8, Nos. 1 and 2, 1939, pp. 142.) A report of the International Health Organization with headquarters at Geneva. Contents: The rural house and its outbuildings, General measures taken to improve rural housing, General arrangements for houses and their outbuildings, Drinking-water in houses and outbuildings, Disposal and treatment of human and animal offal in houses and outbuildings, Quantitative extent of improvements to rural houses and their outbuildings, Training of sanitary engineers, Community planning, Installations and establishments for community life, Development plan, Area planning, Propaganda for the improvement of health and social standards among rural populations.

Housing THE HUMAN HOUSE. Dorothy J. Field. (Houghton Mifflin Co., Boston, Mass., 1939, pp. 124. Illus. with 27 plates.) In this book the author tries to bring out the basic principles for planning a house for people to live in and which will be adjustable to their peculiarities, idiosyncracies, faults, and temperaments. It analyzes the needs of the individuals who occupy the home, such as the father's point-of-view about a home, the point of view of the mother, the infant, school children, adolescents, and others. She says that the home manager's problem is to create an atmosphere that will draw the family together; it is not the problem of getting the work done in a hurry so that one can go to the movies.

Health POSSIBILITIES AND MEANS OF IMPROVING DENTAL CONDITIONS IN THE UNITED STATES. Guy S. Millberry, (American Journal of Public Health and the Nation's Health. Vol. 29, No. 4, April 1939, pp. 321 - 325.) A discussion of dental conditions in the United States, with some suggestions as to how present-day conditions may be improved through health-education programs. It outlines some of the programs that might be followed and the training that is advisable for those who carry on such education.

Health PHYSIOLOGY FOR THE ENGINEER. Howard W. Haggard. (Mechanical Engineering, Vol. 61, No. 1, January 1939, pp. 8-12.) This article discusses the effects of illumination, air conditioning, and other modern developments on the operation of the body as a whole, its coordination, temperature-regulating system, and the stimulation of nerve centers. It says parasites, including bacteria, that attack human beings have their climatic preferences.

Health A NEW CARBOHYDRATE FOR PREVENTION OF NUTRITIONAL ANEMIA IN INFANTS. Preliminary Report. Charles L. Wilbar Jr. (American Journal of Diseases of Children, Vol. 58, No. 1, July 1939, pp. 45-60.) In this report of numerous studies the author discusses the prevention of nutritional anemia by feeding concentrated juice of sugarcane.

Health "HAIR-BRAINED" NOTIONS. Lois Mattox Miller. (Hygeia, Vol. 17, No. 6, June 1939, pp. 490-492, and 545.) This article discusses delusions which many people have about the care of their hair and the causes for losing it. It tells how research has been exploding these myths. Among other things, the article says hair is not an independent living structure, growing out of the skin as a wheat stalk grows from the earth. It does not breathe like a plant, nor does it have any vital fluid flowing through its shaft. Shock, fright, or worry cannot make the hair turn white overnight. It turns gray because there is a lack of the natural supply of pigment in the hair-making apparatus. Once the hair loses its color, there is no way known to restore it. Baldness is of two definite types. One accompanies a variety of diseases. When the disease is cured, the hair often grows again. The other type is baldness from old age. This is still a puzzle. Nothing is known to present-day medical science that will cure baldness; it seems to be hereditary.

Equipment

OUT IN THE SUN IS WORST POSSIBLE PLACE TO PUT A WINDOW COOLER. An editorial. (Arizona Farmer, Vol. 18, No. 10, July 22, 1939, pp. 7.) This editorial calls attention to the fact that many persons place coolers where they are exposed to sun. It then explains how the effects of evaporation are offset by the additional heat.

Equipment

IMMERSION QUICK FREEZING. Its application to rural processing industry. John P. Ferris and R. Brooks Taylor, Department of Agricultural Industries, Tennessee Valley Authority. (Mechanical Engineering, Vol. 61, No. 6, June 1939, pp. 437-442.) In this article the authors discuss the integration of agriculture and industry, and say that possibly quick freezing may be one means of building up cooperation between rural and urban businessmen. The process of freezing is described and comparison made of the different methods used. The authors claim that by the immersion method, individual fruits and vegetables are frozen in a shorter time, and the crystals produced are smaller than by other methods; also, that it is easy to carry on the freezing at the same temperature at which the food is eventually to be stored, which is considered an advantage in maintaining quality.

Equipment

YOUR SILVER. Margaret Davidson. (Ladies' Home Journal, June 1939, pp. 36.) How to care for silverware is the theme of this article, which also discusses various pieces of silver and their use.

Equipment

ORIENTAL RUG LEXICON. G. W. Rylander. (G. W. Rylander, Pittsburgh, Pa., 1938, pp. 32.) A handy reference to names and classifications of oriental rugs. As the title implies, this book is a small directory explaining the meaning of various terms used in connection with these rugs. Two plates at the end of the book show the construction of such weaving knots as: Kilim weaving knot, Soumak weaving knot, Left hand sehna knot on two warp levels, Right hand sehna knot on two warp levels, Left hand sehna knot on one warp level, Right hand sehna knot on one warp level, Ghiordes knot on one warp level, Ghiordes knot on two warp levels, and Single warp knot.

Equipment

SCALE AND PROPORTION. Important Factors in the Correct Selection of Lighting Fixtures. Eugene Clute. (Lighting and Lamps, Vol. 35, No. 6, June 1939, pp. 26-27.) The second of a series of articles on lighting. The first part pertained to the scale in the selection of lighting fixtures. This one takes up the subject of proportion of lighting fixtures. It says in part that the functions of a light are threefold: To furnish the needed quantity of light, and to give the correct quality and distribution of light. All this requires a larger fixture than is needed to furnish the required quantity of light alone.

Food and Nutrition

YOU CAN'T EAT THAT! A manual and recipe book for those who suffer either acutely or mildly (and perhaps unconsciously) from food allergy. Helen Morgan. (Harcourt, Brace and Co., New York 1939, pp. xviii 330.) A book on allergy and allergics. It is composed of two parts. The first deals with an explanation of allergy and its causes and how allergics are diagnosed and treated; the second contains recipes to use when some common food substance has to be omitted. In the last part of the book there is a list of commercially prepared foods found commonly on the market. It gives the list of various substances, such as egg, sugar, and milk, that are used in making them.

Food and Nutrition

NOW IT'S SMOKED TURKEY ROLL! George Treat. (Poultry Item, June-July 1939, pp. 20-21, and 35.) The author tells how to prepare smoked turkey and the making of turkey roll - turkey from which the bones have been removed.

Food and Nutrition

CONFERENCES ON THERAPY. Vitamins; Vitamin B_2 Therapy. (The Journal of the American Medical Association, Vol. 113, No. 4, July 22, 1939, pp. 297-302.) A discussion of vitamin B_2 thereapy, which includes a report of studies on sprue and pernicious anemia. This article is made up of reports slightly edited, of papers given by members of the Department of Pharmacology and Medicine of Cornell University Medical College and New York Hospital. One point brought out is how deficiency diseases can occur in the presence of an adequate intake of essential dietary constituents. Vitamins may be curbed in the intestinal tract by dietary disturbances, they may fail to be absorbed, and they may fail to be converted into acceptable form; in other words, it is true that "one man's meat may be another man's poison."

Food and Nutrition

MANUFACTURING PRUNE JUICE FROM DRIED PRUNES. W. C. Hoffman. (Food Industries, Vol. 11, No. 8, August 1939, pp. 432 - 433.) This article describes the two methods used by manufacturers in producing prune juice from dried prunes. One is through soaking and leaching in hot water; the other, breaking dried fruit down by vigorous cooking in water and then extracting the juice.

Food and Nutrition

INSTITUTE OF FOOD TECHNOLOGISTS FORMED. The Talk of the Industry. (Food Industries, Vol. 11, No. 8, August 1939, pp. 427.) This item announces the formation of an institute of food technologists, of which Samuel C. Prescott of the Massachusetts Institute of Technology is the first president.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 387

October 11, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Education

SOME FACTORS AFFECTING TEACHING EFFICIENCY. Frank Young. (Journal of Educational Research, Vol. 32, No. 9, May 1939, pp. 649-652.) A report of a study, the results of which show that teachers holding higher degrees are rated higher than those who hold lower ones. Teachers who have a larger amount of training in subject matter in their field of specialization are rated higher than those who have less training in their field of specialization. Twenty-four or more semester hours of training in courses in education gave teachers a higher rating than those who had had less than that. Other factors which have to be considered when one attempts to evaluate the real worth of a teacher are: Intelligence, emotional stability, scholarship, habits of work, character, and personality. The perfect teacher is the one who has had a college education of sufficient advancement, about 5 years of experience, ability and enthusiasm to inspire those who sit in her classes and who possess the other qualities which are too subtle for accurate measurement.

Education

BIBLIOGRAPHY ON CONSUMER EDUCATION. George C. Mann. (Harper & Bros., Publishers, New York, 1939, pp. ix 286.) The topics covered in this bibliography are: Consumer economics, Information on purchasing, Teaching consumer education, References, and the like. There are listed 1,981 titles of books, magazines, and pamphlets.

Education

ADULT EDUCATION COURSES OF STUDY. An Appraisal. Andrew Hendrickson. (Bureau of Publications, Teachers College, Columbia University, New York, 1938, pp. 27.) An appraisal of adult education carried on by various organizations. It points out the weaknesses in our present-day adult-education program, and it advises units short enough to be completed in a single class session. It says that more attention should be given to the contemporary life and student-interests viewpoints. These courses, in addition to being sympathetic with the interests and needs of the students must have flexibility.

Handicraft BLOCK PRINTING ON CLOTH. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., 1939, pp. 4.) A handbook which gives instructions for making block printing on cloth.

Handicraft COIL AND THROWING METHODS OF POTTERY MAKING. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., 1939, pp. 5.) A handbook which gives instructions for making pottery.

Handicraft WEAVING. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., undated. 26 pp.) A handbook which gives instructions for weaving with a floor loom.

Handicraft LEATHER CRAFT. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., 1939, pp. 10.) A handbook which gives instructions for leathercraft.

Handicraft BATIK. William R. Whitney. (Works Progress Administration, Topeka, Kans., 1939, pp. 2.) A handbook which gives instructions for making batik.

Handicraft COPPER TRAY WITH AN ETCHED BORDER. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., 1939, pp. 3.) A handbook which gives instructions for making a copper tray with an etched border.

Handicraft SILK SCREEN PROCESS OF TEXTILE PRINTING. Women's and Professional Division. (Works Progress Administration, Topeka, Kans., 1939, pp. 6.) A handbook which gives instructions on the silk-screen process of textile printing.

Handicraft POTTERY MADE EASY. John Wolfe Dougherty. (Bruce Publishing Co., Milwaukee, Wis., 1939, pp. viii 179, illus. 128.) Some chapter headings: Technique of pottery making, Clay and its preparation, Hand work in clay, Decorating and glazing.

Food and Nutrition

CANNED FOODS. (Consumers' Digest, Vol. 6, No. 3, September 1939, pp. 58 and 59.) In this article, which is a reprint from a Testing League Bulletin, the author gives the caution that in spite of the fact that some packers give directions to set a can in boiling water for 15 minutes to retain full flavor of the contents, this is a dangerous practice for, although the flavor may be retained, the tin may explode.

Food and Nutrition

OUR PRESENT KNOWLEDGE OF THE ACTION AND SOURCES OF COPPER IN NUTRITIONAL ANEMIA. Christian P. Segard. (The American Journal of Digestive Diseases, Vol. 6, No. 5, July 1939, pp. 315-318.) A report of opinions and studies on copper in the diet in relation to anemia. It says in the summary that copper is necessary and a specific catalytic agent in hemoglobin formation. The amount of copper present as a contaminant of therapeutic iron is entirely a matter of chance. Copper is present in some foods but in wider variation than iron. To cure nutritional anemia it is important that some copper be present in the diet.

Food and Nutrition

FOOD INDUSTRIES MANUAL. A technical and commercial compendium on the manufacture, preserving, packing, and storage of all food products. Compiled by W. B. Adams, J. Valentine Backes, W. L. Davies, T. H. Fairbrother, F. Hirst, A. E. Ottiker, S. A. Wilcox, J. G. H. Huntly and others. (Chemical Publishing Co., Inc., New York, pp. 234 lxxix.) A large proportion of this book contains information especially compiled for food processors and merchants on the subjects of wheat, milling, flour, baking, and confectionary; canning and preserving; meat products; figures and formula for the dairy industry; packing, including packing materials, containers and packing machinery; food storage and refrigeration, including installation and air conditioning.

Food and Nutrition

FURTHER STUDIES OF THE CALCIUM CONTENT OF THE BODY AS INFLUENCED BY THAT OF THE FOOD. Caroline Sherman Lanford and H. C. Sherman. (The Journal of Biological Chemistry, Vol. 126, No. 1, November 1938, pp. 381-387.) A report of a series of experimental studies made on rats fed a diet with a liberal amount of calcium content and one with an adequate amount of calcium but not so liberal. The conclusion reached was that the larger amount of calcium furnished showed a greater percentage of calcium in the body of the animal definitely stabilized or "plateaued," at the age of 1 year. The offspring of such animals also attained at the age of 1 month a percentage of body calcium achieved on the original diet only at 5 or 6 months.

Social

HUMAN NEEDS IN MODERN SOCIETY. B. T. Reynolds and R. G. Coulson. (Jonathan Cape, 30 Bedford Square, London, 1938, pp. 284.) Contents: Human needs, Mainsprings of man, Formation of character, Development of self-regard, Happiness and unhappiness, Essentials to well-being, A society in transition, From industrial revolution to class war, The world war, Post-war England, the 'brave new world'?, Human needs and society today, The margin of freedom, The churches, Practical experiments, A way out, and The horizon.

Social

SOCIOLOGY AND SOCIAL PROBLEMS. A textbook for Nurses. Deborah MacLurg Jensen. (The C. V. Mosby Co., St. Louis, 1939, pp. 341.) This book is intended for student nurses, but can be used by others doing work in other social fields. The parts of the book are: Man's social nature and the development of personality, Collective behavior, The community, The family, Social change, Social problems, The individual's reaction to illness, Social problems in the modern community.

Social

THE NEED FOR MATURITY. Roy Helton. (Annals of the American Academy of Political and Social Science, Vol. 204, July 1939, pp. 102-110.) The author discusses our present-day civilization, which he says is at the end of a cycle, for we have reached the peak of mechanical inventions so that most needs are met, and men will not drive themselves so hard for luxuries that might be developed as they have to attain necessities. It points out that one of the limits to consumption is that there are human needs and devices in constant competition with mechanical devices. These are the need to love, to loaf, to lie on the grass, to be outdoors, without using anything more consumptive than shoe leather, the need to talk, the need to sleep, and the need to "get away from it all." Other topics discussed are relation of birth rates to income, significance of debt, danger of debt, international trade, and responsibility of the United States.

Social

THE OUTSIDE WORLD COMES INTO THE HOME. Josette Frank. (Child Study, Vol. 16, No. 7, May 1939, pp. 191-193.) This article discusses the assault on the home by the printing press, the radio, and many other modern developments. It then tells to what extent the homemaker can control the effects of these on her children, and states the press and the movies are much more easily controlled than is the radio, which is, at the present time, a very bad influence which might be changed so as to be a media for inculcating fine standards and ideals as well as giving broader views of our best culture.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 388. October 18, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Housing — RAMMED EARTH CONSTRUCTION. Rockwell King DuMoulin. (Consumers' Digest, vol. 6, No. 3, September 1939, pp. 41-46.) A reprint from a Consumers' Research Bulletin which tells how to build a rammed-earth house and says, for one thing, that such houses are not advertised since the materials are supplied from the building lot and not from the market.

Housing — HOW TO BUY OR BUILD A HOME. V. P. Ringer. (Better Homes and Gardens, vol. 17, No. 9, May 1939, pp. 13-15, and 96.) Attempts to give the home purchaser a check list to be used against the home he intends to buy or build. These questions are classified under such headings as Location, Finance, Mortgage Payments, Taxes, and "If you are planning to build."

Housing — HOW TO BUILD SPLIT LOG SUMMER COTTAGES OR YEAR 'ROUND FARM HOMESTEADS. Attractive Rustic Buildings Can Be Inexpensively Erected on Farm or Cottage Sites from Second Growth or Small Size Timber Using This Split Log System. (American Builder and Building Age, vol. 61, No. 7, July 1939, pp. 70-71, and 90, illus.) Tells how to erect a small house, using small-sized timber split lengthwise. The illustrations show how this lumber is lapped in the construction of a house.

Housing — HOUSING OFFICIALS' YEAR BOOK, 1937. Coleman Woodbury, ed. (National Association of Housing Officials, Chicago, Ill., 1937, pp. viii 213.) A report of the third year's work of the National Association of Housing Officials. The contents include such reports as the housing shortage, the public personnel administration in housing, the FHA mortgage risk rating system, private capital in large-scale housing, housing activity of the Tennessee Valley Authority, and a summary of housing authority laws and housing authorities.

Food and Nutrition

THEY CALL IT ALLERGY. (Consumers' Digest, vol. 6, No. 3, September 1939, pp. 1-5.) A discussion of the book by Dr. Warren T. Vaughan, "Allergy and Applied Immunology." The article quotes Dr. Richard A. Kern as saying that it might be best if children were given only alligators or goldfish as pets, since some of them are hypersensitive to hair and dandruff on cats and dogs. Several textiles of cotton, silk, wool, and the like are mentioned as offenders.

Food and Nutrition

DIET AND HEALTH. (Medical Record, vol. 150, No. 4, August 16, 1939, pp. 117.) An editorial that discusses the relation between food and good health, and points out that the kind of food required by different people living in various climates and having varied occupations must be given more consideration than it has been. For example, food suitable for inhabitants of cold climates is inappropriate and may be injurious for dwellers in hot and torrid zones. It also says that along with food other factors must be given consideration. It closes by saying that the health of the people is the supreme law, for a nation's prosperity depends upon the health of its youth. If people are to be contented and healthy, they must be properly fed.

Food and Nutrition

SHORTENING FOR THE CAKE BAKER. R. Wallace Mitchell. (Oil & Soap, vol. 16, No. 3, March 1939, pp. 62-64.) This article discusses shortening requirements in making commercial cakes and pies. The author indicates what properties are sought for by the baker in his effort to produce superior results. He explains the influence of shortening on finished products. For example, he says regarding pie crust, that the demand varies from a greasy, flaky, rather dark-colored crust to the friable, mealy, and dry crust. He explains with what types of fat each result may be attained.

Food and Nutrition

WHAT THE PUBLIC PREFERS IN BREAD FLAVOR. Washington Platt. (The Northwestern Miller and American Baker, vol. 16, No. 9, September 6, 1939, pp. 16-21, and 87.) A discussion of bread making and the flavor of bread. The author says a gingersnap should taste of ginger and a chocolate cake of chocolate, but bread should not taste noticeably of any one ingredient. He then describes how bread absorbs odors from other food and articles placed near it. He makes a distinction between the taste and the odor of bread, and its general "eating quality."

The Child — THE CHILD AND HIS FAMILY. Charlotte Buhler. (Harper & Bros., New York, 1939. pp. viii 187.) This book gives case studies of some of the general aspects of parent-child relations and discusses the role of individual members in the household and in other situations. Also sibling relations are discussed and illustrated with cases.

The Child — SOME PRACTICAL POINTS IN THE FEEDING OF HEALTHY INFANTS. M. Witkin. (Archives of Pediatrics, vol. 56, No. 7, July 1939, pp. 452-457.) The author gives the techniques of breast feeding and bottle feeding of children.

The Child — THE EDUCATION OF YOUR CHILD. John Louis Horn. (Stanford University Press, Stanford University, Calif., 1939, pp. xvi 208.) The preface of this book says that it is intended to serve as a guide for the entire period of formal education of children. The parts of the book are: Before elementary school: some general considerations; First steps in formal education; The upper grades: completing elementary school training; High school, college, university: theoretical discussion and practical advice; High school, college, university: a second for parents of bright children.

The Child — PARENTS AGAINST CHILDREN. Karl A. Menninger. (The Atlantic, vol. 164, No. 2, August 1939, pp. 163-175.) This article discusses the factors in our civilization which have been breeding resentment and hate in the individual. The origin of the emotions of hate due to disappointments, frustrations, misconceptions, and obsessions are brought about in childhood. He says hatred of today is partly due to parental mismanagement of yesterday. A comparison is made of the situations met by the primitive child and those of the modern civilized child.

The Child — FEEDING THE BABY. Martha M. Eliot. (The Southern Planter, No. 9, September 1939, pp. 20 and 21.) Discussions of how to keep the baby well, incorporating vitamin D in the diet, weaning the baby, and teaching him good habits.

Handicraft

LEATHER WORK. (Elementary). A monograph of teachers' source materials. Rosana Malumphy. (Techniques of Instruction Series No. 212. Published by the Division of Curriculum, Los Angeles County Schools, 240 S. Broadway, Los Angeles, Calif., 1937, pp. 58, illus.) An illustrated pamphlet giving detailed instruction for leatherwork. It may be obtained from Miss Lorraine Sherer, Director of the Division of Curriculum, Los Angeles County Schools, 240 South Broadway, Los Angeles, Calif.

Handicraft

TUFTED CANDLEWICK BEDSPREADS. A Native Industry of the South. Carl Bartell. (Textile Bulletin, vol. 56, No. 12, August 15, 1939, Part 1, pp. 11, 12, and 31.) A discussion and description of the work in making and selling candlewick bedspreads in northern Georgia, east Tennessee, and the Smoky Mountain area.

Handicraft

LAMPSHADES TO MAKE. (House Beautiful, vol. 81, No. 8, September 1939, pp. 28 and 29, illus.) Many varieties of lamp shades are illustrated as well as details of the steps in making them.

Handicraft

PUEBLO INDIANS - MALIA, THE POTTER. (City Schools Curriculum Project, Works Progress Administration, San Diego, Calif., 1938, pp. 16, illus.) A story of Malia, the potter.

Handicraft

ARTS AND CRAFTS OF MEXICO. Gene Nicholson. (City Schools Curriculum Project, Works Progress Administration, San Diego, Calif., 1938, pp. 85, illus.) This book tells how the Aztecs worked with feathers, made floating flower gardens, explains why the Mexicans used animals in their arts, speaks of gourd craft, toy making, pottery, weaving, basketry, glass blowing, wall pictures, and tells how the Aztec artist takes his wares to market.

Handicraft

INSTRUCTIONS FOR "HOW TO DO IT KIT" FOR METAL CRAFT. (No date) (Prepared by the Museum Project of the Kansas W. P. A. 8 pp. illus.) This leaflet accompanies a portfolio containing examples of metalwork such as a bracelet, a curtain pull, a paper knife, and a book. There are 10 plates illustrating designs. The discussion tells what tools are needed, and gives detailed instructions for making each of these articles.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 389 October 25, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Equipment — A MASTER'S DEGREE IN THE FINE ART OF CLEANING. Helen W. Kendall. (Good Housekeeping, vol. 109, No. 3, September 1939, pp. 84 and 85, 11 illus.) This article gives instructions for cleaning woodwork, linoleum, wallpaper, sinks, and floors.

Equipment — BUYING KITCHEN POTS AND PANS. (Consumers' Digest, vol. 6, No. 3, September 1939, pp. 52-57.) A discussion and summary of a leaflet put out by the Iowa State College Extension Service, which mentions qualities to look for in pots and pans. It advises not to select some particular brand of kitchenware for its health claims, for there is no magic about a particular pan that will put extra vitamins in your family's diet or make the food cooked in it more appetizing.

Equipment — NOW WATCH OUR DUST. Jennie Brownlee. (The Country Home Magazine, vol. 63, No. 10, October 1939, pp. 41 and 44.) Describes a closet for the storage of cleaning equipment. In planning for this closet the author says that a list of equipment, supplies, polishes, and cleaners was first made, and then the closet was built to house these articles. Among them was a basket for carrying small supplies from room to room, such as polishes, cleaners, dusters, brushes, and rubber gloves. This basket was a wonderful step saver. The closet should not be so tall and narrow that people have to stand on something to reach some of the articles. Two drawers at the bottom are used to hold newspapers, paper bags, and dusting cloths.

Equipment — WHEEEE! Real heat relief--an open-air shower! (Better Homes & Gardens, vol. 17, No. 12, August 1939, pp. 64.) This article gives the specifications for making an outdoor shower which can be attached to the garden hose and used by children.

Food and Nutrition

STUDIES ON ALL-PURPOSE FLOUR. Margaret V. Davis and Evelyn G. Halliday. (Cereal Chemistry, vol. 16, No. 3, May 1939, pp. 414-418.) The authors, in summing up work done in recent years on the chemical properties and baking qualities of various flours, say of the all-purpose flour that though the flours tested came from different parts of the country and had different protein contents and doubtless represented a number of varieties of wheat, the products made from them showed relatively little variation. The products were baked by standard recipes under controlled conditions. It was found that best results could be attained with careful though not necessarily similar handling.

Food and Nutrition

BAKING POWDERS. Including Chemical Leavening Agents, Their Development, Chemistry, and Valuation. Simon Mendelsohn. (Chemical Publishing Co., Inc., New York, 1939, pp. ix 178.) A discussion of the chemicals used in the making of baking powders, a technical evaluation of them, and a brief discussion of stabilizing agents.

Food and Nutrition

VITAMIN B. An Editorial. (The Journal of the American Medical Association, vol. 113, No. 8, August 19, 1939, pp. 683.) A discussion of vitamin B_6, which is supposed by some to be connected with the utilization of unsaturated fatty acids and to improve muscular and neurologic symptoms.

Food and Nutrition

COUNCIL ON PHARMACY AND CHEMISTRY AND COUNCIL ON FOODS. The Status of Certain Questions Concerning Vitamins Based on Recommendation of the Cooperative Committee on Vitamins. (The Journal of the American Medical Association, vol. 113, No. 7, August 13, 1939, pp. 589-595.) This discussion of vitamins takes up vitamin A; B complex, and all its subdivisions; thiamin chloride; nicotinic acid; ascorbic acid. Vitamins D and K are discussed in detail. It also speaks of the misuse of the term vitamin F for linoleic or linolenic acids. It then discusses the fortification of foods with vitamins and claims made for food products rich in certain vitamin and vitamin mixtures.

Food and Nutrition

A STUDY BY THE PAIRED FEEDING METHOD OF THE NUTRITIVE VALUE OF BREAD MADE WITH MILK SOLIDS. B. W. Fairbanks. (Cereal Chemistry, vol. 16, No. 3, May 1939, pp. 404-414.) A report of a study of the addition of milk solids to bread to determine the increase in nutritive value of the bread. The conclusion reached is that bread containing 12-percent milk solids was far better than that without milk solids, and in practical nutrition the nutritive value of the 12-percent milk-solids bread is of a higher order than that of the 6-percent milk-solids bread.

Clothing and Textiles

USE OF NEW TEXTILE FIBRES. (The Wool Record and Textile World, vol. 56, No. 1579, August 17, 1939, pp. (27) 351-(29) 353.) This article discusses viscose rayon and other synthetic fibers. It says that casein fiber, which is being produced in large quantities in some countries as a substitute for wool, has poor strength when wet. When used in combination with wool, the two fibers have to be dyed under different conditions from those necessary when wool alone is being treated. To be a good substitute for wool, an artificial fiber should be a bad conductor of heat, should possess good elastic recovery, and a high wet strength. It should have good resistance to dilute alkalis, should be capable of absorbing a high percentage of moisture without feeling wet, and of felting with either acid or alkaline agents. The casein fibers possess only one of these qualities - a poor conduction of heat.

Clothing and Textiles

ON THE DYEING OF VEGETABLE FIBRE IN WOOL OR SILK-RAYON FABRICS. (Fibre and Fabric, Vol. 92, No. 2816, January 21, 1939, pp. 13-15.) On dyeing of vegetable fiber mixed in wool or silk-rayon fabrics. Discusses temperature of the dye, wool reserving agents, choise of dyestuffs, and methods of applying.

Clothing and Textiles

GAS FADING OF DYES ON ACETATE RAYON. Wm. H. Cady. (American Dyestuff Reporter, vol. 28, No. 13, June 26, 1939, pp. P333 - P335.) Reports the recent discovery that gas such as coal gas may fade certain dyed fabrics. Rayon is particularly susceptible to such gas.

Clothing and Textiles

RESEARCH ON SISAL. (Textile Colorist, vol. 61, No. 725, May 1939, pp. 314.) Reports recent scientific research on sisal, the fiber which is now used mostly as binder twine. The uses to which it is put, and some uses being developed, are, in ropes, filling for mattresses, stuffing for furniture, and in making finer textiles. A market is found for sisal matting. Treated sisal is used in underlay to add comfort and utility to matting.

Health

OBESITY IN CHILDHOOD. Hilda Bruch. (American Journal of Diseases of Children, vol. 58, No. 3, September 1939, pp. 457-484.) A report of a study of obesity in childhood. In the summary the author says, "The findings of intensive growth and early maturation are not consistent with theories which attempt to explain obesity on the basis of hypothyroidism and hypopituitarism; they agree with observations of the growth-promoting effect of abundant nutrition."

Health

A NEW VITAMIN D IN COD-LIVER OIL. Charles E. Bills, O. N. Massengale, K. C. D. Hickman, and E. LeB. Gray. (The Journal of Biological Chemistry, vol. 126, No. 1, November 1938, pp. 241-244.) A report of the discovery of a new vitamin D in cod-liver oil.

Health

RURAL WATER SUPPLY AND SANITATION. Forrest B. Wright. (John Wiley & Sons, Inc., New York, pp. xx 288, illus.) This book is dedicated to the many housewives and farmers who have had to carry each bucketful of water they used. It is designed for classroom use, and goes into detail regarding the installation of water and sanitary fixtures in the house, nature and source of water, principles of operation, types of pumps, types of water systems, and farm sewage-disposal systems.

Health

PELLAGRA, BERIBERI AND RIBOFLAVIN DEFICIENCY IN HUMAN BEINGS. Diagnosis and treatment. T. D. Spies, R. W. Vilter, and W. F. Ashe. (The Journal of the American Medical Association, vol. 113, No. 10, September 2, 1939, pp. 931-937.) A discussion of pellagra, beriberi and riboflavin deficiency in human beings. It also takes up general purposes of therapy and says in the summary that "The importance of a well-balanced diet is further emphasized by the observations that pellagrins treated with nicotinic acid and without change in their dietary regimen often acquire beriberi, riboflavin deficiency, or both, after the manifestations of pellagra have been relieved."

Health

VITAMIN INTERRELATIONSHIPS. I. Influence of Avitaminosis on Ascorbic Acid Content of Various Tissues and Endocrines. Barnett Sure, R. M. Theis, and R. T. Harrelson. (The Journal of Biological Chemistry, Vol. 129, No. 1, July 1939, pp. 245-253.) A report of a continuation of the investigation of the influence of lack of certain vitamins on animals. It takes up the influence of fasting on ascorbic-acid content of tissues and endocrines, discusses riboflavin deficiency, vitamin B_6 deficiency, and says that human cases of vitamin A deficiency often do not respond to vitamin A therapy unless supplemented by ascorbic acid or riboflavin. It adds that findings of this nature should be taken into consideration by practicing physicians and clinicians.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 390. November 1, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management — ANENT LABELING. (Fibre and Fabric, vol. 92, No. 2823, March 11, 1939, pp. 12.) A brief item suggesting a procedure for choosing informative material to be included in labeling fabrics for women's garments. Some of the items are: Outline the principal purposes for which the fabric is to be used, mention the qualities necessary for satisfactorily serving each of these purposes, determine reasonable standards of performance for each of the major purposes to be served.

Management — GENERAL RECORD KEEPING. George H. Dalrymple and P. Myers Heiges. (The Gregg Publishing Co., New York, 1939, pp. viii + 181.) This is a textbook for personal and business use. It tells how to use and keep informal records and personal cash records, and how to make invoices, sales slips, take an inventory, draw and report checks, keep accounts. It explains some business terms and methods of bookkeeping.

Management — THE COST OF BEING FOOLED. (The National Grange Monthly, vol. 36, No. 7, July 1939, pp. 10 and 17.) An article on the cost to the farmer of the use of reworked wool and shoddy, from imported rags. The author states that the farmer is victimized, as use of this lowers the price of the wool from his sheep and gives the consumer a poor-quality product. This is a review of an article by Margaret Dana in the Atlantic Monthly.

Management — HE PICKS A CHICKEN IN 3½ SECONDS.--And here the world's champion tells you how. (The Prairie Farmer, vol. 3, No. 5, March 11, 1939, pp. 7.) An article telling how the world's champion chicken picker picks a chicken clean in 3½ seconds.

Health

YOUR SLEEPING HABITS. Nathaniel Kleitman. (Science Digest, vol. 6, No. 4, October 1939, pp. 1 to 7.) This article is condensed from the book, Sleep and Wakefulness. The author says that there is no normal duration of sleep for either children or adults, the same as there is no normal heart rate, height, or weight, but that there is a variation within which normality exists. He also says that some individuals can change their habits with ease; others find it difficult to do so. This rule applies to sleep as well as to other habits.

Health

NEWER CONCEPTS AND PROCEDURES OF MATERNAL CARE. Maude M. Gordes. (American Journal of Public Health and the Nation's Health, vol. 29, No. 9, September 1939, pp. 1029-1033.) This article points out that, even at the present time, good maternal care that demands that the health and life of the expectant mother be preserved and that the child be born alive and capable of continued normal existence has not yet been attained in this country, for there are many communities which are not properly equipped at the present time to give the aid that they might. However, death rates from toxemias of pregnancy decreased 27 percent between the years 1930 and 1936. There is need for much more education in the fields of nutrition, of focal infection, glandular imbalances, and such diseases as tuberculosis, heart disease, and nephritis. Emphasis is given to the importance of good nutrition.

Health

SHARPENING THE FOCUS IN HEALTH EDUCATION. W. P. Shepard. (The Journal of Health and Physical Education, vol. 10, No. 7, September 1939, pp. 378 - 379, 420 - 421.) Though this article is intended for teachers in elementary schools, it is interesting to note the points in health education which the author believes should be emphasized. These are grouped under the headings Personal Hygiene and Community Hygiene. In section B under personal hygiene, he says that it is important to develop desirable health patterns such as adequate, balanced diet, proper elimination, proper balance of rest, exercise, play, personal cleanliness, and wholesome mental attitudes, also ability to discriminate between good and poor health advice.

Health

IS SPECIFICITY OF HEALTH INSTRUCTION DESIRABLE? Jean V. Latimer. (The Journal of Health and Physical Education, vol. 10, No. 7, September 1939, pp. 384-385, 428-429.) This article on the desirability of being specific regarding health practices says in part: "We do not want health facts taught in and of themselves, but rather an integration of all the pupils' interests, experiences, and environment in such a way that desirable health outcomes will result." The author explains how such an end may be attained.

Food and Nutrition

THE TREASURE CHEST OF RECIPES FOR BAKERS. Sam T. Goetz. (Copyrighted 1937. Sam.T. Goetz.) Large-quantity recipes intended for bakers, but which might be used by housewives preparing food for community dinners and other occasions.

Food and Nutrition

ON THE APPROXIMATION OF THE CALCULATED TO DETERMINED CALCIUM CONTENT OF HUMAN DIETARIES. Alexander B. Gutman and Margaret Low. (The Journal of Nutrition, vol. 18, No. 3, September 10, 1939, pp. 257-263.) A report of studies made on calcium content of human dietaries and a comparison of those based on calculations as reported by Sherman. The figures emphasize the hazards of employing calculated estimates of the calcium content of diets when conducting calcium balances for clinical or metabolic studies. There are many variables affecting the absorption and utilization of calcium which may produce sources of error not indicated by analyses. The report says that Sherman's revised table gave a better agreement between calculated and found values than did earlier figures.

Food and Nutrition

VITAMINS INVENTORIED. (Nutrition, vol. 2, No. 8, September-October 1939, pp. 1-4.) Discusses the names, properties, chemical formulas, units, methods of measurement, best-known functions, probable daily allowances per person, and chief sources. This inventory is set up in the form of a table.

Food and Nutrition

INFLUENCE OF FLUID AND OF EVAPORATED MILK ON MINERAL AND NITROGEN METABOLISM OF GROWING CHILDREN. Helen J. Souders, Helen A. Hunscher, Frances C. Hummel, and Icie G. Macy. (American Journal of Diseases of Children, vol. 58, No. 3, September 1939, pp. 529-539.) A report of a study that explains the materials and methods used; tables show details of the results. The conclusions say that the substitution of evaporated for fluid milk gives added impetus to the formation of soft tissues. "When irradiated evaporated milk was included in the diet, the increased calcium-phosphorus ratios of the retentions, the higher levels, and more consistent trends of the acid-base balances, and the increase in rate of gain in recumbent length all indicated a more rapid and stable growth in the formation of bone."

Extension

PROBLEMS CONFRONTING THE EXTENSION SERVICE. Edmund DeS. Brunner. (Home Acres Edition of Garden Digest, vol. 11, No. 8, Part 2, September 1939, pp. 28-31.) The continuation of a discussion of the Extension Service. In this part, the author takes up the question of why we want a larger net income on every farm, and how the Extension Service field should be defined and its objectives determined. Among other things, he says that the maintenance of democratic educational procedure in extension work is all-important, that the development of volunteer leaders should be continued, and that Extension should courageously experiment in teaching the newer less tangible subjects. They should recognize that this is a pioneer field requiring the courage of the pioneer, and have charity toward mistakes and willingness to learn from them.

Extension

LEGISLATIVE COMMITTEE. Submitted by Jessie V. Coles. (Bulletin of the American Home Economics Association, Series 22, No. 1, September 1939, pp. 27-29.) A report of the Legislative Committee which was made at the national meeting of the American Home Economics Association at San Antonio, Tex., in June. Includes appropriations for various activities of interest to home economists, including the Extension Service. Legislation relating to maternity and infant welfare, protection of the ultimate consumer, Federal aid for housing, and Federal aid to education are also mentioned.

Extension

THE LAND-GRANT COLLEGES. George A. Works and Barton Morgan. Advisory Committee on Education Staff Study No. 10. (United States Government Printing Office, Washington, D. C., 1939, pp ix + 141.) A report made for the Advisory Committee on Education appointed by the President of the United States on September 19, 1936. Deals with rural population and the need for education, and takes up Federal aid for resident instruction, the work of the experiment stations, and agricultural extension work. The appendix contains the major Federal acts and bills that govern these agencies, the memorandum of understanding between the State colleges and the U. S. Department of Agriculture, and the memorandum of understanding between the U. S. Department of Agriculture and the American Farm Bureau Federation.

The chapter on extension work takes up the movements leading to the creation of the Extension Service; Federal legislation; financing the Extension Service; the organization and administration of extension work, including a chart of the national organization and a chart of the divisions of the Extension Service in the U. S. Department of Agriculture.

The article also discusses extension personnel, extension work among Negroes, the program of work, programs for people, and the relation of the Extension Service to farm organizations.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 391. November 8, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you. Consult your own librarian concerning the availability of the publications cited before writing for further information.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Management — CONSUMER EDUCATION IN THE BUSINESS CURRICULUM. Elsie S. Jenison. (The Southwestern Social Science Quarterly, vol. 20, No. 1, June 1939, pp. 36-42.) This article discusses significant administrative measures leading to organization of consumer groups, such as the National Recovery Act, the Agricultural Adjustment Act, and the Pure Food and Drug Act. The Consumer Advisory Board and the Consumers' Guide, a publication of the Consumers' Counsel of the Department of Agriculture, are discussed in relation to the consumer and his education.

Management — HOW TO AVOID FINANCIAL TANGLES. Kenneth C. Masteller. (American Institute for Economic Research, Cambridge, Mass., 1938, pp. 160, paper.) This book discusses kinds of property, transfer of property, marriage and property, divorce and annulment, investment and income, wills and trusts, help for the widow, and other financial matters.

Management — THE RELATIONSHIP BETWEEN INCOME AND SAVINGS OF AMERICAN METROPOLITAN FAMILIES. (The American Economic Review, vol. 29, No. 3, September 1939, pp. 521-537, illus., and charts.) A report of a study of the relationship between incomes and savings of metropolitan families. It is illustrated with graphs. In the concluding paragraph the author says regarding the concept of savings that the cost of various handling agencies - banks, insurance companies, and like institutions, should be deducted from the consumer saving report. After learning how families adjust their savings under the impact of changing incomes, the students of such surveys could check the usefulness of income-savings relationships for the analysis of economic changes. In future budget studies, therefore, an effort should be made to obtain data on family income and savings for a series of years.

Equipment

FIRST LESSON FOR THE BRIDE. (House & Garden, vol. 76, No. 4, October 1939, Section II, Autumn Manual for Home and Bride, pp. 9-78.) This discussion includes almost the entire second section of the magazine. The first part of the article suggests color schemes, and includes a guide chart to correct color schemes. Influences of interior architecture and the relation of the room to color are discussed. The second part deals with the mixing of colors and their combination. Part 3, deals with completing the color scheme, tells how to use brilliant patterns and textures to accent quieter shades in basic themes, and how to arrange furniture. It discusses your dining room plan; your living room plan; your bedroom plan; choosing your rug; a table trousseau; sterling silver for the bride; the selection of bedding; outfitting the kitchen, and furnishing of a 3-room apartment.

Equipment

ELECTRIC FLATIRONS. (Consumers' Digest, vol. 6, No. 4, October 1939, pp. 11-14.) This discussion states that flat irons range in price from 89 cents to $15, and according to a study made by the Virginia State Experiment Station, $5 to $9 will buy an iron of long-time usefulness and dependability. A study made by Consumers' Research indicated the lower figures should be raised to $6. Thermostatic control on irons is advised to safeguard against fire. With regard to the new steam iron, engineers are quoted as saying that it will be useful when properly designed and constructed, but at present it has certain very real and practical hazards. Consumers are urged to wait a year or two, until manufacturers have perfected the design and insulation, before purchasing such irons.

Equipment

STREAMLINE YOUR OLD "JALOPIES." In two parts. I. -- and while you're at it, do what these Milwaukee women did. Elisabeth Holmes, pp. 33 and 91. II. -- and don't neglect the nicks and scratches. Virginia Kozlay, pp. 33, 96, and 97. (The American Home, vol. 22, No. 5, October 1939.) Part one discusses methods used in remodeling old upholstered furniture to bring it up to modern ideals. Illustrations show "before and after" of some of the articles changed. Part two tells how to keep furniture in good, presentable condition and how to remove scratches and nicks. It says, "Never drive a nail in furniture that can be repaired with a screw or glue," and tells how to take out squeaks and flaws in loose bolts in chairs and other pieces of furniture. A list of "nevers" is given, such as: Never attempt to put a coat of new varnish on old, or put on a coat of new enamel without first rubbing with sandpaper, and never use a can of paint a second time without wiping the old paint from the lip of the can.

Food and Nutrition

THE METABOLISM OF CALCIUM AND PHOSPHORUS. C. I. Reed. (Journal of the American Dietetic Association, vol. 15, No. 8, October 1939, pp. 667-674.) The purpose of this article is to discuss the physiological importance of calcium and phosphorus in connection with its metabolism. It says in closing that the functions of calcium and phosphorus are bone formation with the exception of dental enamel. Bone is not fixed and constant but ever undergoing decomposition and restoration, so that the constituents must be replaced. Calcium ions decrease membrane permeability. Phosphorus and sodium ions increase permeability. It is thought that calcium in some way is concerned with the transformation of chemical energy into muscular contraction. Calcium is necessary in the transport of nerve impulses from one neurone to another. It is important in the blood-clotting process, and has an effect in the maintenance of water balance. It is necessary for the coordinated functioning of the heart. Phosphorus plays an important part in the regulation of acid-base reactions. In combination with carbohydrates it forms a hexose phosphate which takes part in the process of muscular contraction, and appears to be involved in the absorption of fat and carbohydrates from the intestines. It enters into the process of propagation of nerve impulses, and is believed to be the source of energy in contraction of muscles.

Food and Nutrition

PLANNING THE DAY'S DIET FOR VITAMIN CONTENT. Hazel E. Munsell. (Journal of the American Dietetic Association, vol. 15, No. 8, October 1939, pp. 629-647.) The requirements for various vitamins are discussed in detail. The conclusion is that most foods may be classified for vitamin value according to type, and that thin green leaves are all excellent sources of vitamin A with values ranging near 15,000 I. U. per 100 gm. of fresh edible portion. Similar data are given for the other vitamins.

Food and Nutrition

CERTAIN ASPECTS OF MINERAL REQUIREMENTS. John H. Talbott and Frederick S. Coombs. (Journal of the American Dietetic Association, vol. 15, No. 8, October 1939, pp. 631-638.) This article discusses the mineral requirements under most conditions of normal living and says that these will be satisfied by a well-balanced diet. The effects of various physiological changes on the need for mineral intake are discussed. The statement is made that the food faddist "uses one or several foods to an extreme without regard to a well-rounded, varied, and balanced diet for the nourishment of the body; the physician uses the average normal diet to answer the need entailed by superimposed requirements."

The Child

NOTES FROM CONVENTION DISCUSSION. (Journal of the American Association of University Women, vol. 33, No. 1, October 1939, pp. 51 to 63.) The report of the section on Education discusses a branch approach to child study, taking up such questions as, how are parents to know which paths are right for their children? Standards of behavior today are compared with those of a generation ago when nice girls did not use lipstick, let boys kiss them, or stay out late. For a clear portrayal of many home situations modern novels are recommended, particularly The Yearling and My Son, My Son. One of the group suggested that whenever we invite an expert to talk to us, we give him a list of the questions on which we want information. He then is enabled to give us the information we need rather than a lot of facts we have already heard.

The Child

CHILDREN'S WORRIES. Rose Zeligs. (Sociology and Social Research, vol. 24, No. 1, September-October, 1939, pp. 22-32.) A report of a study made to determine what worries 12-year-old children. The object was to find what relationship there is between worrying and psychoneurotic tendencies. The most common worries are about the health of members of the family, and about school marks and reports. The summary says that there is a definite relationship between psychoneurotic traits and a large number of worries in children. Twelve-year-old children worry about school, health, safety, pets, toys, economic factors, social relationships, personal appearance, and personal conduct. Girls worry much more than boys, especially about school and safety. Parents should not be continuously expressing worries, but should give their children a feeling of security and courage to meet any problems that may arise. School marks should not be overstressed. Teachers and parents should emphasize individual growth of the child.

The Child

BIOGRAPHIES OF CHILD DEVELOPMENT. Arnold Gesell, Catherine S. Amatruda, Burton M. Castner, Helen Thompson. (Paul B. Hoeber, Inc., New York, pp. xvii + 328.) The foreword says that the studies compiled in the volume deal with a wide diversity of children, presenting many varieties of development which are discussed in terms of their implications for a scientific diagnostic understanding of the growth process. Emotional and personal factors that influence behavior are emphasized. References to publications dealing with the methods and materials used in the developmental examinations of infants and young children are given.

(Reader)

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 392

November 15, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home economics literature that may be of interest to you. Consult your own librarian concerning the availability of the publications cited before writing for further information.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Education

RESPICE, CIRCUMSPICE, PROSPICE. Benjamin R. Andrews. (Journal of Home Economics, Vol. 31, No. 8, October 1939, pp. 513-518.) A history of home economics education which refers to many of the pioneers in the work who have not been mentioned in many other such histories. It says in part, "Each State has its home economics pioneers, and all States would do well to honor them." It lists pioneers of Illinois, Kansas, Iowa, Connecticut, Columbia University, and many other places.

Education

COURSE OF STUDY CONSTRUCTION IN INDUSTRIAL EDUCATION. Verne C. Fryklund and Earl Bedell. (Industrial Arts and Vocational Education, Vol. 28, No. 8, October 1939, pp. 311-314.) Among other things this article gives attention to the aims of household mechanics as taught in elementary schools. It says that these aims should include developing ability to make changes in the more common materials of industry that will conform to the needs of the household; to foster application of good workmanship, design, and material; to develop habits of doing things in the interest of safety and hygiene; to learn to select wisely, to care for, and to use properly various industrial products about the home; also to encourage development of hobby interests.

Education

GRAPHS AS A MEANS OF INSTRUCTION. A study of the possibilities of graphs as a means of instruction in the first four grades of the elementary school. Ruth G. Strickland. (Bureau of Publications, Teachers College, Columbia University, New York, 1938, pp. viii 172.) Though this book is designed for use in elementary schools, it may be suggestive to home demonstration workers who are using graphs in connection with their work.

Food and Nutrition

LIFE WITH THE ESKIMOS. Condensed from the book "I Believe," by Vilh jalmur Stefansson. (Science Digest, Vol. 6, No. 4, October 1939, pp. 8-14.) In this article the author discusses the diet of the Eskimos and its effect on the white man when he lived under the same conditions. Other home-management problems are described.

Food and Nutrition

PASTEURIZATION OF MILK: SOME RECENT ASPECTS. H. D. Kay. (Nutrition Abstracts and Reviews, Vol. 9, No. 1, July 1939, pp. 1-11.) The effect of pasteurization of milk - a study conducted recently. Includes a definition; the effect of pasteurization on the nutritive value of milk, and its effects on calves, rats, and children; and the effects of sterilization and high-temperature short-time pasteurization.

Food and Nutrition

BEAN-HOLE BEANS ARE GOOD! Charlotte A. Fitzgerald. (The American Home, Vol. 22, No. 5, October 1939, pp. 98-100.) This article gives instructions on how to make a bean hole for baking beans, how to prepare the beans, seal the pot, and put it in the hole. The secrets of success, it says, are to consider the hole, the beans, and the fire. The hole should be about 2½ feet deep and 2½ feet wide. Plenty of fuel should be used in building the fire.

Food and Nutrition

TENTATIVE UNITED STATES STANDARDS FOR GRADES OF FROZEN LIMA BEANS. United States Department of Agriculture, Agricultural Marketing Service. Effective September 15, 1939. (Food Industries, Vol. 11, No. 10, pp. A. B. C. and D. between pp. 554-555.) This article presents the tentative United States standards for grades of frozen lima beans, and describes the characteristics of U. S. Grade A. or fancy frozen lima beans; U. S. Grade B, or choice; U. S. Grade C, or standard; and off-grade quality. A colored illustration shows the green color desirable in beans.

Food and Nutrition

PREVENT JELLY FAILURES. (New England Homestead, Vol. 112, No. 16, August 26, 1939, p. 16.) In this short item the New York State College of Home Economics tells how to prevent failures in jelly making. Failures may be caused by too high a proportion of sugar, which may cause the sugar crystals to form in jelly; lack of acidity; too little sugar or too concentrated juice, which causes toughness gumminess, caused by overcooking; cloudiness due to poor straining, skimming, or letting the jelly stand too long before it is poured into glasses; "weeping," caused by too high concentration of acid; and mold formation and fermentation.

Clothing and Textiles

LATEST DEVELOPMENTS IN THE WONDER FIBRE NYLON. (Fibre and Fabric, Vol. 92, No. 2832, May 13, 1939, pp. 10-11.) This article defines nylon as a fiber derived from coal, air, and water, and other mineral substances. It states that nylon is the only practical textile fiber made that is not derived from animal or vegetable material.

Clothing and Textiles

BOYS' BUTTON-ON WAISTS, SHIRTS, JUNIOR AND POLO SHIRTS (made from woven fabrics.) National Bureau of Standards, United States Department of Commerce, second edition. (U. S. Government Printing Office, Washington, D. C., 1939. pp. 7. Price 5 cents.) The standing committee which prepared these standards, in connection with the Bureau of Standards of the Department of Commerce, also included Ruth O'Brien of the Bureau of Home Economics, and Mrs. Frieda W. McFarland of the University of Maryland. Diagrams and descriptions of boys' shirts are given.

Clothing and Textiles

THE CENSUS OF MANUFACTURES - 1937. Prepared under the supervision of Thomas J. Fitzgerald, Bureau of the Census, U. S. Department of Commerce. (U. S. Government Printing Office, Washington, D. C., 1939, pp. IV 29.) Different textile products, including embroideries, trimmings, and stamped art goods and window shades, are defined and statistics as to the value and amount produced are given.

Clothing and Textiles

"LANITAL," the synthetic wool from milk, its process, and its output. Antonio Giordano. (Rayon Textile Monthly, Vol. 20, No. 8, August 1939, pp. 45 (435 and 46 (436).) Lanital is the name given to another of the fibers made from protein material, this one being obtained from the casein of milk. The process of making it is described.

Clothing and Textiles

TRENDS IN MAN-MADE FIBER DEVELOPMENT. Harold Dewitt Smith. (Rayon Textile Monthly, Vol. 20, No. 8, August 1939, pp. 43(433) and 44(434).) The physical and chemical stability, secondary properties, and other qualities of man-made fibers are described.

Clothing and Textiles

YARN AND FABRIC TRENDS IN EUROPE AND AMERICA. H. W. Rose. (Rayon Textile Monthly, Vol. 20, No. 8, August 1939, pp. 40(430) - 42(432) and bottom of 43(433).) A continuation of the article in the July issue, page 52. The characteristics of rayon are discussed.

Housing

HOUSE PLANNING AND CONSTRUCTION. R. W. Selvidge. (Industrial Arts and Vocational Education, Vol. 28, No. 8, October 1939, pp. 315-317, 320.) Though designed for classroom use, this article contains an outline which any house builder might check when he builds, repairs, or buys a house.

Housing

BECAUSE YOU LIKE NICE FLOORS. Don't neglect their upkeep. Helen W. Kendall. (Good Housekeeping, Vol. 109, No. 4, October 1939, pp. 182-183, 209-210.) This article explains how to care for wood and linoleum floors. Detailed instructions are given for waxing, varnishing, and refinishing of neglected wood floors.

Housing

BUILDING YOUR HOME. Revised and enlarged. John Normile, Ed. (Better Homes and Gardens Publishing Co., Des Moines, Iowa, 1938, pp. 206.) Contents include: Planning to build, gardened homes, "bild-cost" gardened homes, building a home. Illustrations.

Housing

HIGH CEILINGS MA Y NOT MAKE ROOMS COOLER. (Science Digest, Vol. 6, No. 4, October 1939, pp. 62.) A brief report of a study of farm-home construction made by the Department of Agriculture and the University of Georgia, in which tests showed that height of rooms did not show significant differences in favor of the 10-foot ceiling as compared with the 8-foot ceiling when the same number and kinds of windows were used in each test. Both cross ventilation and opening windows to prevailing breezes are desirable. These two means of cooling did most to make rooms comfortable.

Housing

NEW FARM HOMES AND FARM BUILDINGS AMONG DEALERS' BEST 1939 PROSPECTS. Activities in Iowa typical of construction on many of country's farms. Results of a survey of farm building conditions in Iowa, Illinois, and Ohio. (American Lumberman, No. 3155, July 1, 1939, pp. 24-25, illus.) There is a brief description of each of these homes. The general report says that in Iowa in 33 counties the total moving to the country to engage in farming was 441. There was an average of 33 new farmers in each county. New homes totaled 392, or an average of 17 in each county. To enlarge living quarters, 232 Iowa farm houses were remodeled in 33 percent of the counties. In Ohio, in 22 counties, 731 persons moved to the country to engage in farming. New farm homes totaled 394, or an average of 17 per county. The number of new homes built in the counties canvassed in Illinois was 1,064, or an average of 42 in each of 25 counties.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 393 November 22, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

The Child — SEVEN YEARS OF CHILD STUDY BY RADIO. An application of a policy for educational broadcasting. Ralph H. Ojemann. (School and Society, Vol. 50, No. 1290, September 16, 1939, pp. 353-357.) A report of a study of the results of broadcasting educational subject matter about child care and development.

The Child — WHEN CHILDREN FAIL TO TELL THE TRUTH. Edith M. Sunderlin. (National Parent-Teacher, Vol. 34, No. 1, August-September 1939, pp. 31-33.) Discusses the problem of the telling of untruths by children and how to handle this fault without stifling the imagination of the child. Great pains are taken to define what untruthfulness is and the difference in interpretation which specialists put upon it.

The Child — PEDIATRIC NURSING. John Zahorsky, assisted by Beryl E. Hamilton. (The C. V. Mosby Co., St. Louis, 1936, pp. 568.) A textbook intended for nurses who care for both sick and well children. It takes up growth and development, nutrition, natural and artificial feeding, prevention of disease, observation of symptoms, the new-born infant, some nursing materials, the nursery, the preparation of formulas, out-patient departments, nursing in the home, the sick infant or child in the home, the home and the family, and child psychology.

The Child — WE MUST LET THEM GO. Jean E. Curtis. (Parents' Magazine, Vol. 14, No. 8, August 1939, pp. 17, and 56.) An article on how to develop the self-reliance of children, which the author considers one of their best safeguards.

Food and Nutrition

THE EFFECT OF HEAT AND SOLVENTS ON THE NUTRITIVE VALUE OF SOYBEAN PROTEIN. L. Margaret Johnson, Helen T. Parsons, and Harry Steenbock. (The Journal of Nutrition, Vol. 18, No. 4, October 1939, pp. 423-434.) Regarding the effect of heating on soybean protein, the author says that it appears that soybeans have a complex, containing S and N, which is absorbed but cannot be used for tissue-building purposes until it is heated.

Food and Nutrition

FACTORS INFLUENCING STORAGE OF PROTEIN WITH LOW-CALORIE DIETS. M. E. Lovell and I. M. Rabinowitch. (The Journal of Nutrition, Vol. 18, No. 4, October 1939, pp. 339-351.) A report of a study of the protein-sparing action of between-meal feedings of carbohydrates with low-calorie diets which contain different amounts of animal and vegetable proteins. In the summary the author says that the findings fit in with previous observations that show that carbohydrates tend to enhance, whereas fats tend to interfere with storage of protein in the body. This information is intended for persons who for different reasons in health or disease must reduce the calorie content of their diet.

Food and Nutrition

THE VITAMINS. A symposium arranged under the auspices of the council on pharmacy and chemistry and the council on foods of the American Medical Association. (American Medical Association, Chicago, Ill., 1939, pp. 637.) A compilation of articles by a large number of scientists who have made a study of vitamins. The contents include: Chemistry of vitamin A, Vitamin A--physiology and pathology, Chemical composition and human requirements for various vitamins, and their use in prevention and treatment of diseases. This book summarizes our present knowledge of vitamins and their functions.

Food and Nutrition

THE INFLUENCE OF NUTRITION ON THE DISEASES OF MIDDLE AND OLD AGE. Victor G. Heiser. (Scientific Monthly, Vol. 49, No. 4, October 1939, pp. 304-310.) This article reports experiments on animals in which food was the only variable in their condition of living. Rats with properly selected diets showed practically no symptoms of diseases. Rats on ill-balanced diets showed symptoms of such diseases as pneumonia, bronchiectasis, a common ear trouble, sinusitis, adenoid growths, corneal ulceration, dilated stomach, gastric ulceration, gastric cancer, renal calculus, loss of hair, dermatitis, gangrene of teeth and nails, pernicious type of anemia, cysts, gland disturbances, polyneuritis, heart trouble, and decay of teeth.

Handicraft

SILK-SCREEN STENCIL PRINTING. J. I. Biegeleisen. (Industrial Arts and Vocational Education, Vol. 28, No. 8, October 1939, pp. 323-324.) This article points out the advantages of the use of a silk screen in stencil printing. A complete stencil unit includes a stencil frame large enough to print surfaces up to about 14 by 22 inches, a squeegee, a few elementary colors, a frame made of furring strips or other lumber, and some organdy or a special silk commonly known as domestic bolting cloth. It tells how to prepare and use this equipment.

Handicraft

INDUSTRIAL ARTS DESIGN. William H. Varnum. (The Manual Arts Press, Peoria, Ill., 1933, pp. 248, illus. 471, plates 85.) The chapters include: The primary mass and its proportions; Appendages and the rules governing them; Enrichment of the contours or outlines of design in wood, clay, and base and precious metals; Color: hue, value, and chroma as applied to small and large areas. The author says in this book that it is intended to aid the workman in directly applying well-recognized principles of general design to specific material and problems encountered in the industrial arts. It then tells how to apply these principles to wood, clay, and metal objects.

Handicraft

ART METALWORK WITH INEXPENSIVE EQUIPMENT. Arthur F. Payne. (The Manual Arts Press, Peoria, Ill., 1939, pp. 176, illus. 159.) This book not only gives instruction for work in copper and other metals, but emphasizes the principle of art in this craft. It says that the elements of design should be considered in this order: (1) The object must be suited to its use; (2) The construction must be honest and sound; (3) The decoration must be adapted to the materials, tools, and processes, and must in no wise interfere with the use or weaken the construction of the object. It also tells how to judge the quality of a piece of work.

Handicraft

BOOKBINDING FOR SCHOOLS. J. S. Hewitt-Bates. (The Manual Arts Press, Peoria, Ill., 1935, pp. xi-125, illus.) A textbook which describes necessary equipment for bookbinding and tells how to make simple portfolios and covers for magazines, and the like. The binding of single-section books; books sewn on tapes or cords; and the making of a fine book. It tells how to gild edges, the graining and staining of paper for end-papers and covers, the selection of leather, paring and covering the book, and gold tooling.

Housing

FARM ENGINEERS DISCUSS DEALER'S PLACE IN IMPROVING HOME STANDARDS. Essentials of house design for modern rural needs are outlined; profitableness of good buildings emphasized. (American Lumberman, No. 3155, July 1, 1939, pp. 22, 23, and 27.) Illustrated with plans which point out the many elements of farmhouse design, which include front-door facing and the drive, a workroom, and a central rear hall. Nine fundamentals of farmhouse planning are given. Also there are 34 suggestions which retail lumber dealers, who are active in planning and building farm homes, have submitted.

Housing

FUNDAMENTALS OF HOUSING STUDY. A determination of factors basic to an understanding of American housing problems. Joseph Earl Davies. (Bureau of Publications, Teachers College, Columbia University, New York City, 1938, pp. vii 355, paper.) A partial report of a thesis for the degree of doctor of philosophy. Some chapter headings: The objectives of housing, Housing standards essential to achievement of housing values, Kinds of shelter now available and occupied in the United States, Extent to which American housing achieves its objectives, Shortages among factors related to distribution and consumption of housing, Suggested patterns of housing reform. It also tells how to use this study in housing education.

Housing

KEEP YOUR HOME FROM BURNING. Katharine Fisher. (Good Housekeeping, Vol. 109, No. 4, October 1939, pp. 174-174.) This article points out the fire hazards in dwellings, and says that 350,000 dwellings, on an average, are destroyed each year, with a property loss of $100,000,000, and the loss of 7,000 lives, mostly of women and children. Reasons why homes burn are: Unsuspected defects caused by deterioration in heating plants, flues, chimneys, or fireplaces; unscreened fireplaces; accumulations of rubbish, newspapers, etc. in cellars or attics; the use of wooden containers for ashes, rubbish, etc.; the use of candles, matches, or other naked lights for exploring dark places; matches kept in unsafe containers; careless smoking; bonfires; spontaneous ignition from oily rags; use of substandard or defective electrical appliances; carelessness in the use of electric irons and other electrical heating appliances; sparks on an inflammable roof; use of inflammable cleansing agents; starting fires with kerosene or gasoline; filling lamps and oil stoves when they are burning; and lack of fire extinguishers in strategic places.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 394 November 29, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Clothing and Textiles

PUTTING THE SPOTLIGHT ON THE NEW SYNTHETIC FIBERS. (Textile World, Vol. 89, No. 10, September 1939, pp. 74-80.) This article, illustrated with magnified cross-sections of many of the new synthetic fibers, describes the composition and various qualities, such as wet and dry tensile strength, and elasticity. The fibers described are: Nylon, vinyon, glass gibers, casein and soybean fibers, corn-meal fibers, modified viscose staple, rayon staple, viscose and cuprammonium, wool imitation, strong fiber, and acetate fibers.

Clothing and Textiles

TEXTILE FIBER FROM SOY-BEAN SUCCESSFUL. Technical Editor. (Rayon Textile Monthly, Vol. 20, No. 6, June 1939, pp. 53(319) - 55(321).) A report of experiments made in making textile fibers from soybeans. The author says that the skeins had the consistency and texture of silk and wool, which are our present protein fibers. The soybean yarn has considerable tensile strength. It also refers to a long list of references describing the steps in the production of this fiber and other uses of soybeans.

Clothing and Textiles

COUNTRY WOMEN DRESS BETTER. An editorial. (The Southern Planter, 100th year, No. 10, October 1939, p. 6.) A comment to the effect that countrywomen in the South dress better today than they did a few years ago. It says no longer can the country girl and her mother be distinguished from the city cousins by their dress. It says that this observation is borne out in part by the fact that the Southern Planter pattern sales for the first 8 months of each year, beginning in 1933 and ending in 1939, show that the purchases of these patterns have multiplied more than five times.

Food and Nutrition

THE SOYBEAN FUTURE. E. F. "Soybean" Johnson. (Flour and Feed, Vol. 40, No. 5, October 1939, pp. 12-14.) This article discusses the soybean for export, lack of storage facilities, soybeans and cash crops, the uses of soybean-oil meal, green-vegetable soybeans, and something yet to come. It tells of the various products made from the bean and says that it will take a very small tonnage of soybean-oil meal to make all distributor heads and other gadgets used on automobiles and all kinds of electrical equipment. It recommends, however, that this material might be used for doors of all kinds at home. Plastics may be made from this material cheaper than from wood. If the importation of foreign fats and oils is restricted into this country, we could increase the domestic consumption of soybean oil approximately 1,000,000,000 pounds. It says that the use of green-vegetable soybeans may also be greatly expanded, especially through canning and quick-freezing methods of storing them.

Food and Nutrition

MAGNESIUM IN NUTRITION. (The Journal of the American Medical Association, Vol. 113, No. 15, October 7, 1939, pp. 1418.) This editorial says that human requirement for magnesium on the basis of a number of studies seems to be 13 mg. per kilogram of body weight for children from 4 to 7 years of age. The investigation showed that 75 percent of all school children were receiving less than this optimal amount. The pregnant woman requires 350 to 450 mg. daily. The magnesium requirement for the maintenance of other adults has been reported as low as 0.2 Gm. and as high as 0.6 Gm.

Food and Nutrition

STAPLES IN DIET. Walter H. Eddy. (Food Facts, Vol. 8, No. 4, October 1939, pp. 1 and 4.) The author voices the opinion that some people have forgotten the staples in diet in their excitement about protective foods such as milk, fruit, and vegetables. He says he would hate to have such staples as bread, meat, and potatoes eliminated from his diet, particularly bread and potatoes, which, because of their mildness of flavor, are irreplaceable since they blend in so well with other foods. For this reason they always have been and always will remain staple articles of diet. They are important in providing calories which are quite as essential as other elements in the diet.

Food and Nutrition

SOYBEANS. The Wonder Food. A brief treatise on modern nutrition. N. A. Ferri. (Bruce Humphries, Inc., Boston, 1938, pp. 62.) In this booklet the author describes the soybean, its chemical composition, and its uses in child feeding, the making of dairy products, and preparation of special soybean recipes.

Personal

A BIBLIOGRAPHY OF MENTAL TESTS AND RATING SCALES. Second edition. Gertrude H. Hildreth. (The Psychological Corporation, New York, N.Y., 1939, pp. xxiv 295.) No comparisons or discussions of the scales are given.

Personal

POPULAR PSYCHOLOGICAL FALLACIES. James G. Taylor. (Watts Co., London, 1938, pp. vii 275.) The author says this book may be described as a conducted tour through the world of scientific psychology. Such topics as The relation of body to mind, We "see" with our eyes and our muscles, and Personality can be measured are taken up. He discusses the policies in many psychological theories; such as, Practice makes perfect, alleged superiority of the Nordic, and foundations of belief.

Personal

THE PSYCHOLOGY OF PARENT-CHILD RELATIONSHIPS. Percival M. Symonds. (D. Appleton-Century Co., New York, 1939, pp. xiv 328.) Deals with the problem of emotional security and its significance in the development of personality; surveys the history of marriage, human conceptions of human relationships; and discusses statistical tests and other means in judging personality. The second part of the book deals with evidence of the effect of different conditions on personality, such as the presence or absence of emotional security in the home. The fourth chapter summarizes the trends revealed in preceding studies, and the fifth chapter interprets parent-child relationships in the light of the information presented in the earlier chapters.

Personal

PSYCHOLOGY APPLIED TO TEACHING AND LEARNING. C. R. Griffith. (Farrar & Rinehart, Inc., New York, 1939, pp. xii 650.) A book prepared for teachers. It explains the nature of psychology and education; facts and principles of growth; maturation and the development of habits, skills, and postures; the development of thinking; and personality and social attitudes. The author says that perceiving is a kind of acting. Learning cannot be had without action.

Personal

PSYCHOLOGY OF INDIVIDUAL DIFFERENCES. A. R. Gilliland and E. L. Clark. (Prentice-Hall, New York, 1939, pp. xvi 535.) The preface of this book says that the purpose is to bring together in one volume the more important facts and conclusions in the broad field of the psychology of individual differences. Some topics considered are: Causes of differences, sex, race, intellectual and personality differences.

The Child

UGLY DUCKLINGS INTO SWANS. Marion L. Faegre. (National Parent-Teacher, Vol. 34, No. 2, October 1939, pp. 22-23.) A discussion of some of the problems of bringing up teen-age children. The author says that parents want to delegate to the schools that training in manners, courtesy, and kindness that is so closely associated with a delightful personality; and points out the fact that in present-day life there are fewer opportunities for giving children every-day experience that would so develop them. For example, we entertain less at home, and as a result boys and girls have less practice in meeting and talking with older people. She then points out some of the special things children need to be taught, such as how to behave on the train, and the problem of the family that has only boys or only girls, who need to be taught the ways of the opposite sex.

The Child

THE SOCIOLOGY OF CHILDHOOD. Francis J. Brown. (Prentice-Hall, Inc., New York, 1939, pp. xxii 498.) A grouping of the literature in the field of children's social relationships, and an analysis of the literature presented in this book. The main chapter headings are: The child, past and present, Part I. The social processes, Four normal children, Social interaction, Passive adaptation, Conflict, Cooperation and active adaptation; Part II. The child and his family group, Passive adaptation, Conflict and cooperation, Active adaptation; Part III. The child and his play group, Passive adaptation and conflict, Cooperation and active adaptation; Part IV. The child and his school, The development of the school, Passive adaptation, Conflict and cooperation, Active adaptation; Part V. The child and his leisure, Spending or saving leisure, Society's responsibility, The motion picture, The radio, Other commercial agencies; Part VI. The child and the state, Changing attitudes and child labor, Child welfare and the state, Youth organizations and the state; Part VII. The child and religion, Religion and the social process. The child of tomorrow.

The Child

THE CHILD FROM ONE TO SIX. Ethel C. Dunham. (The Southern Planter, 100th year, No. 10, October 1939, pp. 20-21.) This article discusses How a child learns from example and how to keep him healthy. It gives a list of questions for parents to ask themselves. Some of these are: Does your child see and hear well? Are his nose and throat in healthy condition? Has he been growing in height? Are his eyes bright, his cheeks rosy, his muscles firm, his posture erect? Has he good eating habits?

Cir Beaden

United States Department of Agriculture DEC 15 1939
EXTENSION SERVICE
Washington, D. C.

No. 395

December 6, 1939

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

Handicraft

METALCRAFT AND JEWELRY. Emil F. Kronquist. (The Manual Arts Press, Peoria, Ill., 1926, pp. 191, illus. 152.) The first part of this book is devoted to making simple jewelry and the last part, to the design of hammered articles, such as platters, trays, and lamps. Illustrations and descriptions give a detailed account of the processes used in making these articles.

Handicraft

CHIP CARVING. Harris W. Moore. (The Manual Arts Press, Peoria, Ill., 1933, pp. 36, illus. Paper back.) This booklet gives detailed instructions on how to carve ornaments on wooden articles. It tells in particular how to make articles such as a checkerboard, glove box, game board, thermometer mount, handkerchief box, picture frame, wastebasket, and paper knife.

Handicraft

ALUMINUM ETCHINGS AND DRY POINTS. R. T. Griebling. (Industrial Arts and Vocational Education, Vol. 28, No. 9, November 1939, pp. 373-374.) The author tells with a series of nine pictures and detailed instructions how to make aluminum etchings and dry points.

Handicraft

SILK-SCREEN METHODS OF REPRODUCTION. Bert Zahn. (Frederick J. Drake & Co., Chicago, 1939, pp. 233, illus.) This book tells of the many uses of the silk screen in printing, and describes the various silk-screen processes so far developed. Illustrations show how to make the equipment needed and the steps of printing by different processes. The prints made include signs, posters, textiles, and show cards.

1694-39

Management

CUTTING LIVING COSTS. An editorial. (The Southern Planter, 100th year, No. 10, October 1939, pp. 6.) This editorial reports that a recent survey of farm living costs in Maryland revealed that those families producing a large share of their food and fuel on the farm not only live at less cost but actually live a great deal better than city families. The study shows that food accounted for 34 cents of each dollar used in family living on the farm and for city families, 27 cents, yet the average farm family produced 20 cents worth of this food on the farm, so only 14 cents was spent in cash, while the city family produced only 2 cents worth of food and was compelled to buy 25 cents worth. The farm family spent less than half as much in cash for fuel as the city family.

Management

FOOD OFFICIALS INDICATE LEGAL LIMITS FOR PACKAGES. (Confectioners' Journal, Vol. 65, No. 777, October 1939, pp. 28.) A report of the decision made by food officials regarding the legal limits in size of packages, in order to prevent deceptive appearance due to over size or partial filling.

Management

HOME MANAGEMENT AND SELF MANAGEMENT. Joseph K. Folsom. (Journal of Home Economics, Vol. 31, No. 8, October 1939, pp. 519-523.) A report of a talk given at the meeting of the International Management Congress in 1938 which says in part, "Home management is not merely a question of skills and standardized equipment, but more a way of life for which the homemaker needs clarification of aims and purposes, aspirations and values, and a faith in the supreme importance of human relations that alone give the home social justification." The report elaborates on the points mentioned.

Management

LIVING ON A LOW INCOME--WITHOUT GRUMBLING. A Budget Message from Eagle Bridge, N. Y. M. L. Brown. Comment by eight American auditors: Walter D. Edmonds, Sherwood Eddy, Mordecai Ezekiel, Ralph Borsodi, Arthur L. Pollard, Hazel Kyrk, Josephine Lawrence, Abraham Epstein. (Survey Graphic, Vol. 28, No. 7, July 1939, pp. 436-439.) This article cites case studies of farm and other families living on a low income and getting much out of life. These studies include a summary financial statement and a classified summary of expenditures. One of the questions asked is: "Has the human race run out of guts?" This part of the article discusses the novels, "Years Are so Long," by Josephine Lawrence, and "Grandma Called It Carnal," by Bertha Samon in which people lived on as little as $20 a month.

Equipment

FURNITURE UPHOLSTERY. Emil A. Johnson. (The Manual Arts Press, Peoria, Ill., 1919, pp. 64, illus.) The purpose of this book is to give information concerning the method by which upholstery work may be successfully carried on. It tells how to upholster furniture without springs and those with springs.

Equipment

WASHING, CLEANING, AND POLISHING MATERIALS. F. W. Smither. Circular of the National Bureau of Standards, U. S. Department of Commerce (supersedes Cir. C383.) (U. S. Government Printing Office, Washington, D. C., 1939, pp. 61.) A report from the Bureau of Standards discussing soap solutions and their cleaning action; water and its impurities; general composition of soap and methods of manufacturing; alkaline cleansers such as ammonia, borax, soda and other alkalies; miscellaneous detergents, such as fatty alcohol sulfates, sulfonated oils, bleaching agents, scours, bluings, and starch; dry-cleaning materials, and polishes.

Equipment

BLACK POTS AND PANS MOST EFFICIENT. (Science Digest, Vol. 6, No. 4, October 1939, pp. 24.) A brief report from the Oregon State College Engineering Experiment Station which says that black-bottomed aluminum pots deserve top rating for electrical cooking.

Equipment

FURNITURE. (Consumers' Research Bulletin, Vol. 6 (new series) No. 2, (Vol. 9, No. 1 of the General Bulletin Series) October 1939, pp. 15-17.) This is the first of two articles on furniture. The second, dealing with finishes and construction and shopping for furniture, is to appear in January 1940. The present article takes up aids in recognizing good furniture, furniture woods, solid v. veneer and plywood construction. It says for one thing that the advantages of veneer obtain only in good high-grade plywood. "Unfortunately it is impossible to determine by inspection whether plywood has been properly processed in all stages of manufacture."

Equipment

SEAT WEAVING. L. Day Perry. (The Manual Arts Press, Peoria, Ill., 1928, pp. 88, illus. Paper.) This little textbook gives instructions for weaving chair and furniture seats from cane, reed, splint, rush, and other materials. Illustrations show the steps in different types of weaving.

Food and Nutrition

A PRACTICAL GUIDE TO FOOD BUYING. Charles S. Wyand. (Consumers' Research Bulletin, Vol. 6, N. S. No. 2, - Vol. 9, No. 1 of the General Bulletin Series - October 1939, pp. 23-25.) This article is a review and discussion of the book, "food Buying and Our Markets," by D. Monroe, H. Kyrk, and U. B. Stone, published by M. Barrow & Co., New York City, 1938, 422 pages.

Food and Nutrition

RECENT ADVANCES IN NUTRITION. Jennie I. Rowntree. (Journal of Home Economics, Vol. 31, No. 9, November 1939, pp. 635-543.) A report of the result of recent research in the field of nutrition. It says that the present problem is not actual surpluses of food but more adequate distribution. Regarding malnutrition and its relationships the report says, "Other criteria of nutritional status are the infant and maternal death rates." It is suggested that the effect of food on the limp and the lazy would be an interesting subject for research, that iron alone is no longer recommended to prevent anemia, and vitamin D is not the only factor to consider in rickets. Constipation is no longer attributed to a lack of roughage but can be corrected with increased minerals, particularly calcium, and more vitamin B_1.

Food and Nutrition

BIBLIOGRAPHY ON NORMAL NUTRITION. Edith Allen, Sophia Halsted, Sybil Smith, Lillian B. Storms. (The American Dietetic Association, Chicago, Ill., 1939, pp. 5, mimeographed.) The purpose of this annotated bibliography is to meet the needs of members of the medical and dental professions, students, and internes who wish to know of books on nutrition so that they may keep abreast in this rapidly developing field. Some of the books included are of the more readable type and may be recommended to laymen. The bibliography might also be helpful to nutrition specialists and others in extension work interested in newer technical phases of the subject.

Food and Nutrition

FROZEN FRESHNESS. H. H. Plagge. (Capper's Farmer, Vol. 50, No. 8, August 1939, pp. 26.) A discussion of keeping food in freezer lockers, the fruits and vegetables that may be satisfactorily frozen, their preparation for freezing, their packaging, and the method of thawing them when they are to be used. For fruits that are to be eaten raw, thawing for 3 to 4 hours at room temperature of 70 to 75° is recommended. "Whether the vegetables are defrosted before cooking or placed over low heat while still frozen depends on individual preference."

Beulah

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 396 December 13, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Social — AMERICAN SOCIAL PROBLEMS. Howard W. Odum. (Henry Holt & Co., New York City, 1939, pp. vii + 549, illus. and tables.) This book discusses the natural and cultural heritage of the American people, different groups and classes of people and institutions, and "testing grounds" for the people. The second part is given to the study and teaching of social problems. Under "institutions" the author discusses the home and family; the community, both rural and urban; and other subjects.

Social — THE RECREATION LEADER. Lester K. Ade. (Recreation, vol. 33, No. 4, July 1939, p. 201.) In describing the requirements of a recreation leader, this brief article says that the leader should have as wide as possible an experience of living, a capacity to enjoy beauty and to recognize truth. He can hardly understand what is taking place in his community, or make a good recreation leader, if he does not understand what is taking place in the civic and political life about him. He should have a philosophy of life and have studied the needs and wants of man and have gained a vision as to the possibilities of life for various kinds of men. He must understand how men and women may find for themselves growth in home, neighborhood, and community activities.

Social — SOCIETY IN TRANSITION. Harry Elmer Barnes. (Prentice-Hall Inc., New York, 1939, pp. xviii + 999 + xvii.) A comprehensive discussion of modern social problems. It takes up in part outstanding race problems, the struggle against disease and pain, the revolution in rural life, new forms of social control, some aspects of social pathology, and poverty and relief.

Food and Nutrition

THE ART OF EATING. Solomon Strouse. (Hygeia, vol. 17, No. 8, August 1939, pp. 716-718, 751.) A general article on the choice of diet which points out the necessity of procuring all essential elements, but calls attention to the fact that many matters in diet need "debunking." It says that recent analysis of the effects of the depression and relief on the nutritional status of the American people showed practically no effect. There was no increase in malnutrition nor evidence of diseases resulting from malnutrition, because the food supplied by relief agencies has been carefully standardized in order to give the greatest value per dollar. The article then discusses the idea some people have that a certain food should not be mixed with some other food or served in the same course.

Food and Nutrition

COMMON WEEDS BETTER FOOD THAN SPINACH. (Science Digest, vol. 6, No. 5, November 1939, pp. 26.) A brief item reporting a study by Prof. R. C. Burrell and Miss Helena A. Miller of Ohio State University, who have analyzed 15 kinds of weeds used as cooked and salad greens. They say that they have found most of the weeds superior to fresh spinach. Milkweed topped the list with 6.556 milligrams of ascorbic acid per gram of fresh weight. Spinach averaged only 0.812 milligrams per gram. Other weeds having high scores were pokeweed, dandelion, watercress, sorrel, and skunk-cabbage.

Food and Nutrition

PITCHERS THAT POUR WELL. Mabel G. Bryant. (American Cookery, vol. 44, No. 4, November 1939, pp. 222-223.) The author writes of the collection of pitchers used in the home and says that very unusual and attractive ones may be bought instead of commonplace ones for practically the same cost, and then points out things to look for in selecting a good pitcher - shape, size, and the lip of the pitcher. The author says that gravy bowls, also, should be given the same attention when selected.

Food and Nutrition

THE WELL-DRESSED TURKEY. Genevieve Callahan. (Successful Farming, vol. 37, No. 11, November 1939, pp. 76.) With four illustrations and the accompanying discussion, the author tells how to prepare turkeys for market. This article is designed to help the farm woman who is anxious to market the birds she has raised.

Housing

DESIGNS FOR 60 SMALL HOMES FROM $2,000 TO $10,000. Showing How To Buy, Build, and Finance a Small Home. Samuel Glasser. (Coward-McCann, Inc., New York, 1939, paper, pp. approximately 100.) This book presents house plans and arguments for and against certain types of construction and financing for the home builder. Houses are of four types - American colonial, English Cotswold, French provincial, and modern. They are designed to vary in cost from $2,000 to $10,000.

Housing

SEE HOW TO GET A BETTER HOME. Groff Conklin. (Better Homes & Gardens, vol. 17, No. 12, August 1939, pp. 22-23, illus.) The author shows by pictures and with legends the things that you as a builder of a home should check. They include such things as the setting of the corner post to make the house strong, and other building features, such as how the joints of soil pipes should be caulked, soldered and seamed with lead, and an item about what to watch for in electric fixtures.

Housing

PRODUCTS AND PRACTICE. Design for safety. (The Architectural Forum, vol. 70, No. 5, May 1939, pp. 333-336.) This article says that, according to current estimates, accidents in the home moved to first place among causes of accidental deaths last year. The rise was 2 percent. It describes types of home accidents and places falls first, burns second, and other causes third. A home safety check list to be used on houses includes items such as handrails on stairs, and elimination of short turns.

Housing

ADVICE ON PAINTING THE EXTERIOR OF YOUR HOUSE. (Consumers' Research Bulletin, vol. 6, n.s., No. 2, (vol. 9, No. 1 of the General Bulletin Series) October 1939, pp. 2-4.) Gives detailed instruction for painting new woodwork, repainting old woodwork, and tells what to do about paint neglect, that is, painting places where the old paint has become badly scratched, cracked, scaled off or otherwise damaged. Some of the most durable paints are mentioned, such as aluminum house paint or red iron oxide paint and titanium-lead-zinc.

Housing

DANGER FROM CROSS-CONNECTIONS IN PLUMBING SYSTEMS. (Consumers' Research Bulletin, vol. 6, n.s., No. 2, (vol. 9, No. 1 of the General Bulletin Series) October 1939, pp. 5-9.) Discusses epidemics caused by bad plumbing, in which water from one part was forced into another part of the plumbing system. It points out how such cross connections are made and may be avoided. Diagrams show minimum distances for safe and unsafe installations in various fixtures.

Equipment

HOUSEHOLD APPLIANCES, THEIR PURCHASE AND OWNERSHIP FROM THE CONSUMER PURCHASE SURVEY URBAN PHASE. (The Curtis Pub. Co., Philadelphia, Pa., 1939, pp. 29.) A report of a study made to determine the market available for electrical appliances. It says that the sale of electric refrigerators declined somewhat in 1938, but that the total sales of major electrical appliances was $547,224,504. This figure did not include radios, electric shavers, sun lamps, and such replacements as electric lamps, radio tubes, and flash-light batteries, which amounted to more than $175,000,000. This booklet reports that the average use of an electric refrigerator is 10 years.

Equipment

THE SAFE USE AND CARE OF HOUSEHOLD APPLIANCES. Zella Patterson. (American Cookery, vol. 44, No. 4, November 1939, pp. 240-243.) The author says that the "Stop--Look--Listen" signs might well be applied to home safety, and then lists them as follows: Stop - buy appliances only from reliable manufacturers. Have appliances installed by competent tradesmen. Look - have proper wiring and regular inspection. Put the appliances in a well-lighted area to aid in promoting safety. Listen - instruct all members of the home to be safety-conscious.

Equipment

WHAT EVERY WOMAN SHOULD KNOW--ABOUT HER WINDOWS. (The American Home, vol. 22, No. 5, October 1939, pp. 41, 102, and 103, many illus.) An article on window curtaining, with illustrations showing how to construct and hang curtains. It discusses height, width, and length; linings; what materials are used for linings in the average draperies; how they should be finished at the top; how valances and cornices are draped, and at what point the draperies should be hung back; what pattern makes the window seem shorter or longer. Many other questions are also answered.

Equipment

EXPRESSION AND INTERPRETATION OF SIZE COMPOSITION OF COAL. M. R. Greer and H. F. Yancey. (American Institute of Mining and Metallurgical Engineers, Inc., New York, Tech. Pub. No. 948, 1938, pp. 20.) In this somewhat technical article the analysis of coal, laws governing its labeling, descriptions of sizes and qualities of coal, and materials other than coal but used for fuel are discussed.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 397

December 20, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen
Junior Scientist.

General

CAREERS IN CONSUMER COOPERATION. Clarence W. Failor. (A Science Research Associates Publication, Chicago, Ill., 1939, pp. 48.) This booklet takes up the following subjects: What is consumer cooperation? History of consumer cooperation, Cooperatives and their workers, General qualifications for cooperative workers, The status of cooperative employees, Managers of consumer cooperatives, Distributive jobs in cooperatives, Other positions in cooperatives, Summary and conclusions, List of cooperative organizations.

General

DOMESTIC PESTS. WHAT THEY ARE AND HOW TO REMOVE THEM. L. Hunter. (John Bale, Sons & Curnow, Ltd., London, 1938, pp. xii 235.) The author says that this book is the means of giving under one cover all essential information regarding pests, both animal and plant, that invade the home. It is intended to be used in domestic science classes.

General

SOAP, PERFUMERY, & COSMETICS. Buyer's Guide and Cyclopedia. (United Trade Press, Ltd., London, 1939, pp. 212.) This book discusses the ingredients used in perfumery and cosmetics, soaps, and other cleaning and polishing agents such as car and shoe polish. Included is a list of emulsifying agents, of reference books, and poisonous substances that may be used by the trade.

General

SUNDIALS, HOW TO KNOW, USE, AND MAKE THEM. R. Newton Mayall and Margaret L. Mayall. (Hale, Cushman & Flint, Boston, 1938.) A part of the material in this book appeared as a series of articles in the Scientific American, and was abstracted in this news letter.

Health

SO YOU'RE GOING TO BE A FOOT DOCTOR. William A. Rossi. (Consumers' Digest, vol. 6, No. 5, November 1939, pp. 45-49.) This article explains the differences between a technopedist, chiropodist, orthopedist, foot specialist, podiatrist, pedicurist, orthopedic surgeon, "footologist," practipedist, foot correctionist, and orthopraxist. It says that a qualified practitioner is one who has been able to pass a State board of registration for chiropody or podiatry in a State with well-defined laws regulating this practice, that the foot specialists who are qualified legally and technically to give foot advice and treatment are the orthopedic surgeon, the chiropodist, and the podiatrist. An orthopedic surgeon is a physicia trained in a medical school who specializes in orthopedics. The other two titles are given to those who have taken special training but are not necessarily physicians.

Health

NEW LIGHT ON OLD HEALTH PROBLEMS. The proceedings of the seventeenth annual conference of the Milbank Memorial Fund held on March 23 and 24, 1939, at the New York Academy of Medicine. (Milbank Memorial Fund, New York, 1939, pp. 91.) Contents: New Light on old health problems, by Frank G. Boudreau; Progress in the hygiene of housing, by P. H. Winslow; Nutrition: Its public health aspects, by Thomas Parran; and the changing status of group differences in fertility, by Robert E. Chaddock. These health problems deal with health in housing and nutrition, both in the United States and other countries.

Health

THE EFFECT OF RICKETS ON THE MENTAL DEVELOPMENT OF YOUNG CHILDREN. Margaret Mary Halleran. (Archives of Psychology, R. S. Woodworth, Editor, New York, 1938, pp. 68.) This material was submitted in partial fulfillment for the degree of doctor of philosophy. It describes experimental work undertaken, compares mental tests given, also mental and verbal development of the children studied, and the social characteristics and sex differences. A summary and discussion of the results states that nonrachitic children showed a reliable difference in rate of mental development, but that there was no difference in the rate of verbal development as measured.

Clothing and Textiles

ASA COMMITTEE INFLUENCES NEW TREND IN SIZES FOR CHILDREN'S CLOTHES. (Industrial Standardization, vol. 10, No. 10, October 1939, pp. 255-257.) A progress report of the work undertaken by the American Standards Association in cooperation with the Bureau of Home Economics in measuring children to determine sizes for children's clothes.

Clothing and Textiles

FABRICS OF THE FUTURE. Robert D. Potter. (Science Digest, vol. 6, No. 5, November 1939, pp. 27-32.) An article condensed from Science Service, which tells of many new fabrics being manufactured. It says, among other things, that two Dutch scientists have found that there is a casein-eating bacteria in the air which will destroy certain synthetic fibers. These bacteria liberate a chemical enzyme which produces the destruction. This enzyme reaction can be destroyed by heat.

Clothing and Textiles

LOOKING BEHIND LEATHER. (The National Cleaner and Dyer, vol. 30, No. 10, October 1939, pp. 16-20, illus.) Though this article is written for the dyer and cleaner, it contains much information that might be helpful to the housewife. It tells in the beginning about processing of leather, to aid the cleaner in recognizing material with which he is working. It gives the impression that most leather articles, such as coats and gloves, are made from sheepskin, and that only a very small percentage are pigskin or calfskin. It says that a survey made recently disclosed that there is no kidskin in jackets commonly sold, less that 1/5 of 1 percent of horseskin, or 1 percent of calfskin, and that no jackets are made from cowskin or pigskin. In Louisiana, not enough genuine pigskin to make five pairs of gloves could be bought. Yet plenty of "pigskin" (fake pigskin) could have been purchased. The article further says that genuine pigskin may be recognized by a scar on both sides of the leather wherever a hair has been removed - the coarse hair grows through the skin. It says that first-grade leather comes from healthy animals; second-grade leather, from animals killed out of season; and third-grade leather, from animals that died from natural causes.

Equipment

WHY NOT KNOW WHAT YOU BUY? (Good Housekeeping, vol. 109, No. 5, November 1939, pp. 104, illus.) This article tells what to look for in a chair when making a purchase. It advises the buyer to pick up the chair to see if it feels solidly constructed, sit in it to see if it is comfortable, turn it upside down to see how it is put together, and if the seat is upholstered see how it is attached to the chair. A slip seat has advantages because it can be removed for cleaning and re-covering. When you buy an upholstered chair you will have to depend upon the truthfulness of the store in telling you many of the points of construction, as the muslin cover hides these.

Equipment

WE'RE CAMPAIGNING FOR BETTER SLEEP! Helen Bryant, E. J. Davis, and R. N. Sauder. (The American Home, vol. 22, No. 6, November 1939, pp. 26-29 and 82-84, illus.) This article discusses, at considerable length, mattresses and their care, other kinds of bedding, and devices for making sleep comfortable.

Equipment

CAN OPENERS. (Consumers' Research Bulletin, vol. 6 (n. s., No. 2, vol. 9, No. 1 of the General Bulletin series), October 1939, pp. 13.) This brief item about can openers tells how to select a good can opener, and points out the danger of using a poor one. Danger comes from being cut by rough edges left on the can or by slivers of metal broken off into the can.

Equipment

BUYING BLANKETS BY THE POUND. (Consumers' Digest, vol. 6, No. 5, November 1939, pp. 30-32.) Tells how to judge a good blanket. It refers to the study made in Kansas some years ago, in which it was found that a 4-pound blanket with a deep nap was warmer than a 5-pound blanket with a slight nap. It then suggests that for maximum warmth it is important that blankets be all wool and of as good quality wool as the purchaser can afford. The napping process, which makes for warmth and lightness, has one disadvantage - it weakens the strength and impairs the durability of the blanket. Weight goes with strength and warmth, provided the nap is equal. The study emphasizes the improtance of giving blankets good care, and cautions the purchaser that any mothproofing that will remain effective after the wool is dry-cleaned may be regarded somewhat dubiously. Some mothproofing compounds are made up of arsenic and other poisonous chemicals which should not be brought into close contact with human beings.

Equipment

OUTDOOR GRILLES AND BARBECUE FIREPLACES. (American Builder, Vol. 61, No. 8, August 1939, pp. 70-71 illus.) This article illustrates the construction of various types of outdoor grills.

United States Department of Agriculture
EXTENSION SERVICE
Washington, D. C.

No. 398. December 27, 1939.

TO HOME-ECONOMICS EXTENSION WORKERS:

Find herewith references to certain books and home-economics literature that may be of interest to you. Consult your librarian concerning the availability of the publications cited before writing for further information about these references.

Sincerely,

Edith L. Allen

Edith L. Allen,
Junior Scientist.

Extension

AGRICULTURAL EXTENSION. Edmund deS. Brunner. (Teachers College Record, vol. 41, No. 1, October 1939, pp. 43-50.) Includes a brief history of extension work and a description of its administration, programs, techniques, and educational contributions.

Extension

WE FOUND IT IN THE ATTIC! Treasure hunts bring old family heirlooms down from attics and barn lofts. Eleanor Hubbard Garst. (Successful Farming, vol. 37, No. 10, October 1939, pp. 54.) A report of some extension work done by a homemakers' club in Iowa in the refinishing of furniture.

Extension

DEPARTMENT OF EXTENSION SERVICE. Mildred Horton. (Bulletin of the American Home Economics Association, Series 22, No. 1, September 1939, pp. 43.) A report of the work of the Department of Extension Service in the Home Economics Association, presented by Mildred Horton, chairman. Another report of this same committee appears on page 52.

Extension

REMODELED KITCHENS. Julia Pond. (The Michigan Farmer, September 9, 1939, pp. 120-121, illus.) A report of home demonstration work in the remodeling of kitchens in Michigan.

Extension

COMMUNITY TRANSFORMED IN FOUR YEARS. Esther G. Kramer. (Farm and Ranch, vol. 58, No. 9, September 1939, pp. 34-35.) A report of how home demonstration club women transformed their community in 4 years, after outlining a comprehensive program which might last 10 or 15 years with the objectives of making the home community a better place in which to live.

Food and Nutrition

LONG ISLAND SEAFOOD COOK BOOK. J. George Frederick and Jean Joyce. (The Business Course, Publishers, New York, 1939, pp. 324.) A cookbook with recipes for the preparation of sea food.

Food and Nutrition

ADVANCE IN FOOD HANDLING. Editorial. (American Journal of Public Health and The Nation's Health, vol. 29, No. 10, October 1939, pp. 1156-1157.) This brief article discusses the handling of food in various kinds of metallic containers. It explains the importance of low-carbon steel (0.1 percent) to which 18 percent of chromium and 8 percent of nickel is added. This is considered the most satisfactory kind of steel for use in handling food, as it has a high corrosion-resistance, yet is remarkably ductile and workable. The joints can be polished smooth. The article states in closing that the increasing use of stainless steel in all types of food handling "is to be welcomed as marking a distinct advance from the public health point of view as well as from that of the manufacturer."

Food and Nutrition

REAL HEALTH ECONOMICS. Grace Watkins Duckett. (American Agriculturist, vol. 136, No. 23, November 11, 1939, pp. 568.) This article begins by describing a shoe that adds to health by giving proper support to the foot and preventing unnecessary jarring of the body. Stockings, it says, should be bought one-half inch longer than the foot. In addition, it discusses other types of clothing and says that there is no doubt that some have gone to extremes in regard to the weight of underwear, but in spite of this the school girl of today seems healthier and more active than when heavy, thick, nonporous underclothing was in vogue. Care of eyes and teeth are next discussed, along with ventilation. Much space is given to investment in protective foods.

Food and Nutrition

TENTATIVE UNITED STATES STANDARDS FOR GRADES OF CANNED GRAPEFRUIT JUICE. Agricultural Marketing Service, United States Department of Agriculture. (Food Industries, vol. 2, No. 11, November 1939, pp. 619-624.) This article, illustrated with four colored charts, shows the color standard for grades of canned pink grapefruit juice and of canned common or yellow grapefruit juice. A statement regarding these standards is included.

Food and Nutrition

CARVING IS SIMPLE IF YOU KNOW YOUR BONES. H. L. Shrader. (Agricultural Leaders' Digest, vol. 20, No. 8, November 1939, pp. 44-45.) Explains, step by step, what to do in carving a fowl.

Housing

CAPE COD STYLE--TWO OR FOUR BEDROOMS. "Hidden door" with bookshelves. Appearance of living room helped by concealed attic door with built-in shelves. (American Builder, vol. 61, No. 8, August 1939, pp. 46-47.) Includes two illustrations showing a door concealed by built-in shelves designed to hold articles such as books and small vases. This idea might be incorporated in small homes.

Housing

PUDDLED-EARTH AND RAMMED-EARTH WALLS. Ralph L. Patty. (Agricultural Engineering, vol. 20, No. 8, August 1939, pp. 311, 312, and 319.) An article giving the comparison of construction and strength of puddled-earth and rammed-earth walls. It deals mainly with the testing of materials to determine amount of moisture, and with other tests in making the best walls of these types.

Housing

HOW TO ESTIMATE ACCURATELY. J. Douglas Wilson. (American Builder, vol. 61, No. 8, August 1939, pp. 72-74, and 104.) Part of a series of articles. It deals with the estimating of ceilings, roofs, and stairs. Eleven illustrations show the details of construction. Mathematical tables are included.

Housing

FARM HOUSES REMODELED OR BUILT NEW - WHICH? J. R. Dodge. (Agricultural Leaders' Digest, vol. 20, No. 8, November 1939, pp. 39.) This brief item tells of some experimental work on farmhouses by the University of Wisconsin. In some instances the difference in cost between repairing an old house and building a new one was found to be so small that building a new house was recommended rather than trying to remodel an old one that was badly planned, too small, or in poor condition above the foundation.

Housing

FOUR DECADES OF HOUSING WITH A LIMITED DIVIDEND CORPORATION. Federal Housing Administration, Division of Economics and Statistics. (Superintendent of Documents, U. S. Government Printing Office, Washington, D. C., 1939, pp. VI 108, price 15 cents.) This booklet is designed for persons interested in urban and suburban housing, though there may be parts of it that are suggestive for rural housing.

Management

HOW THE RETAILER MERCHANDISES PRESENT-DAY FASHION, STYLE, AND ART. Irwin D. Wolf and Austin Purves. (American Management Association, New York City, 1929. General Management Series No. 97, pp. 24.) This bulletin takes up the "Style organization from the executive viewpoint," by Irwin Wolf and "What is the significance of modernism?" by Austin Purves. It discusses the effect of mechanical production on art; Award for outstanding design; Opportunity of the department store; "The point of view of the consumer," by E. Grosvenor Plowman; and a discussion of previous papers by Paul Nystrom.

Management

BETTER BUYMANSHIP. (Household Finance Corp., Chicago, Ill., 1939, pp. 34.) This little circular answers questions about the performance of radios, their construction and safety. One of the dangers of a radio is that the wire may be struck by lightning. The circular also classifies radios according to the source of power supply, height of cabinet, frequency ranging, and other points. It tells how to install home radios, and discusses care of radio, second-hand radios, and automobile radios.

Management

CONSUMER SCIENCE. A fusion course in physical science applied to consumer problems. Alfred H. Hausrath, Jr., and John H. Harms. (New York, The MacMillan Co., 1939, pp. xii 692.) A recent revision of a book written about 9 years ago. It is a text designed for college students. One chapter deals with certain consumer application of the facts presented. Headings of this book: Understanding science, Living with machines, Everyday electricity, Applied chemistry, Applying consumer science, Science and the welfare of man.

Management

SCIENTIFIC CONSUMER PURCHASING. A study guide on buying problems. Social Studies Series. Alice L. Edwards. (American Association of University Women, Washington, D. C., 1939, pp. 81.) As the title indicates, this is a study guide for groups. Topics: Consumer purchasing in a changing economy, Advertising as a source of consumer information, The salesman as a source of consumer information, Brands and trade-marks as aids to buying, Testing laboratories as a source of consumer information, Grades and specifications as aids in buying, Labels as a source of information, Commodity information as a guide to production, Prices and the consumer's interest, Consumer cooperatives as a means of supplying consumer needs, Hosiery, Sheets and blankets, Bedding and upholstery. An example of State and municipal regulation, Refrigerators, Canned fruits and vegetables.